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magazine

STAR CHEFS' SECRETS!



Tyler's
BROWN-BAG
LUNCH



Sunny's
\$12 STEAK
DINNER FOR 4



Guy's
KITCHEN
TIPS

Summer treats

Fun backyard dinners
+ 17 cool desserts

132

New
Recipes

Cheap Eats!

Weeknight meals
for **\$3.00** or less

RECIPE BOOKLET
50
Tasty
Salads

Easy
Baked Alaska
Ice cream cake—improved!

WIN A TRIP TO FOOD NETWORK STUDIOS! (pg. 41)

AUG/SEPT 2009 \$3.99

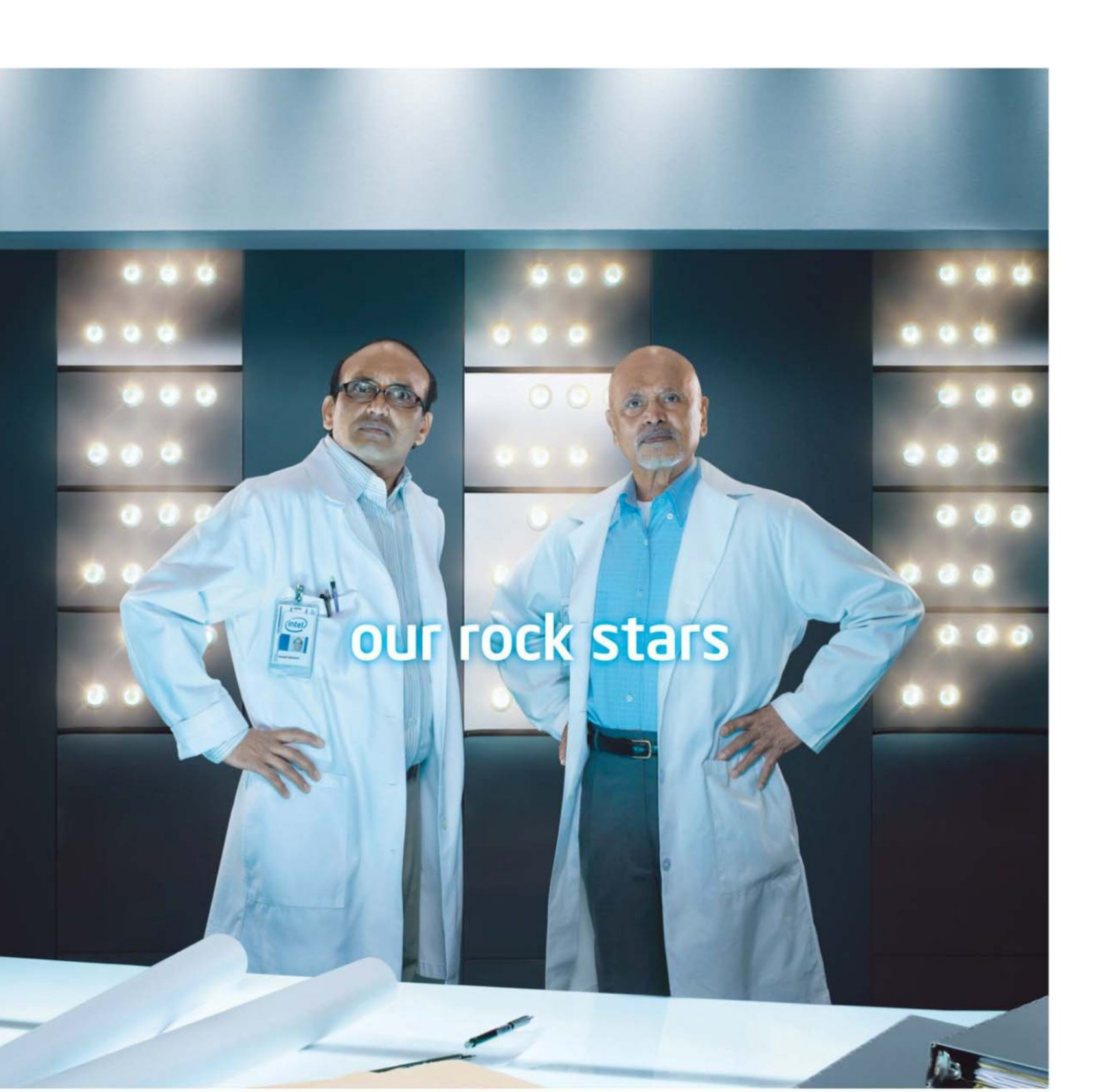


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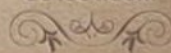
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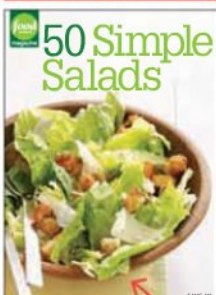
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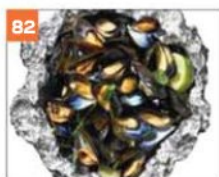
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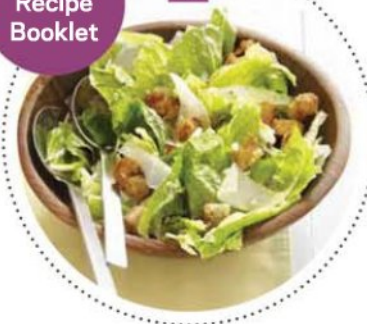


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Just \$2.85 per serving!

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The Stars Align

Before I started working on this magazine, I had all kinds of preconceptions about Food Network stars. I was right about a few things. Guy really is as fun as he seems on TV (see page 58). But I was totally wrong about something else: I always assumed that the chefs hang out together and go to the same parties and cook for one another when we aren't watching. In fact, they live and work all over the country. For this issue, we photographed Michael Symon at home in Cleveland (page 114), Michael Chiarello in Napa, CA (page 54), and

Sandra Lee at Food Network's Wine & Food Festival in Miami's South Beach (page 138).

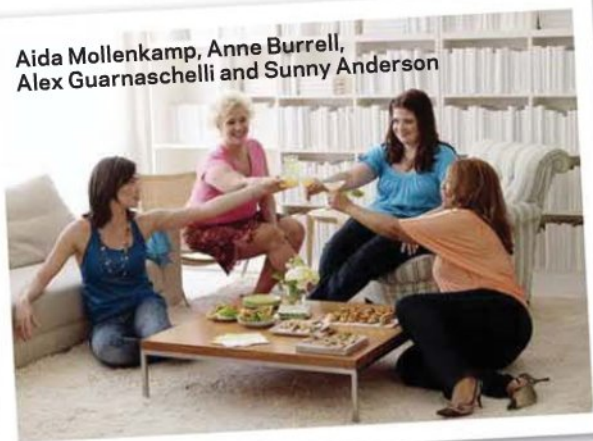
Distance isn't the only issue; the chefs are so busy taping shows, running restaurants, writing books (and raising families!) that they're lucky if they all see each other once or twice a year.

You'll have to forgive us, then, for arranging a date: We wanted to get four new Food Network hosts—Sunny Anderson, Anne Burrell, Alex Guarnaschelli and Aida Mollenkamp—together for drinks, so we invited them to a potluck cocktail party at a New York City studio while Aida was in town from San Francisco. We got some great recipes out of the deal (see page 130), and the women got to compare notes about their wild new lives in the spotlight.

An even bigger celeb get-together is coming up in October, when Food Network hosts its second annual New York City Wine & Food Festival, and we're giving away tickets to the event (see below). Giada will make meatballs, Paula will fry chicken, Rachael will have everyone over for burgers...it'll be the star-studded gathering I've always pictured, only better, because you and I can be there, too.

For tickets and info, visit nycwineandfoodfestival.com.

Aida Mollenkamp, Anne Burrell, Alex Guarnaschelli and Sunny Anderson



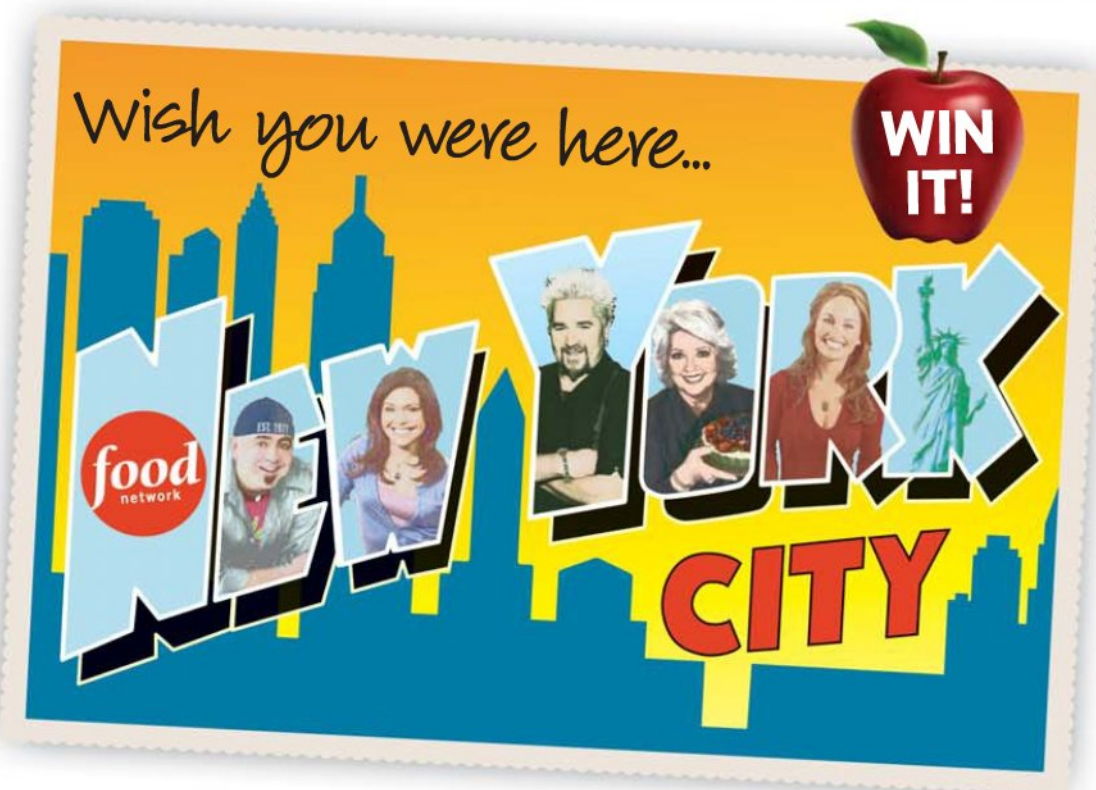
Have a toast with these Food Network stars on page 130.

Maile

Maile Carpenter
Editor in Chief

Win a trip to the Food Network Wine & Food Festival!

Don't miss this chance to meet your favorite stars: We're giving away round-trip tickets to the second annual Food Network New York City Wine & Food Festival, October 8 to 11—plus hotel accommodations, spending money and VIP tickets to parties, demos and more. See page 41 for details and contest rules.



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We Hear You...

You had **lots to say** about our burger picks—and so much more.

I loved the article "50 States, 50 Burgers" [June/July 2009], but I have a burger joint that will knock your socks off: **The Oval Office Pub & Grub in Milton, FL**. It is just a hole-in-the-wall, but I am a Texan originally, and I can tell you that it will beat a Perini Ranch burger any day.

Sean Warden
Milton, FL

I picked up a copy of the June/July issue at the airport while traveling from Sacramento, CA, to Louisville, KY. I was intrigued by the selection for the **ultimate burger in Kentucky**, at W.W. Cousins, so I decided to have lunch there during my trip. It was everything you described and more, including fresh-baked buns from the on-site bakery and the employee who speaks like a game-show host as he announces your order is ready.

Sue Boucher
Carmichael, CA

I was shocked to find that the very best burger place in the country was missing from your list of "50 States, 50 Burgers." Though I live in New Jersey, I look forward to regular visits to Rhode Island for many reasons—and one big one is **Crazy Burger** in Narragansett Pier. I highly recommend the Loco Burger, a juicy beef patty stuffed with black beans, topped with avocado and cheddar and served in a tortilla.

Tiffany Palisi
Mountain Lakes, NJ



I have crisscrossed the United States by car frequently over my lifetime and have sampled many burgers along the way. By far the best burger I've found is at **Farmer's Inn in Hayward, WI**.

Bob Valeski
Huntington Beach, CA

We had a big barbecue last weekend and we were going to go simple with hot dogs and hamburgers. Then, my husband and I went through your issue and the whole menu changed. We made **Bobby Flay's amazing Dallas Burger** ["The Real Burger King"] and almost everything from "What's Your Meat?" [June/July 2009]. It was all gone by the end of the night!

Gila Stern
Boca Raton, FL

You have your finger on the pulse of America! I was amazed when I saw the video of President Obama at Ray's Hell-Burger in May. I had just read about the place in your "50 States, 50 Burgers" article.

Bridget Eggold, Fort Wayne, IN

I love to cook, but being a single mom of a 10-year-old autistic daughter, plus running two businesses and a nonprofit organization, I find it difficult to feed my family **healthy, substantial meals**. The articles, photographs and recipes in your magazine are phenomenal. It is my getaway from the craziness.

Jennifer Clark
Miller Place, NY

I used to be a frozen-food-grilled-cheese-and-tater-tots kind of cook, but not anymore. Thank you for getting me **out of Hamburger Helper land!**

Nancy Annino
Antioch, IL

My family is spread across the country and one of the fun ways we **stay in touch is by trying different recipes** from Food Network Magazine. When we make a new dish, we discuss it, tweak it or just plain rave about it! We look forward to our phone conversations, and of course, the next issue.

Linda Schaub
Lisle, IL

I love sweet and salty combinations, so I was intrigued by the **Maple French Toast and Bacon Cupcakes** ["The Winner Is...," June/July 2009]. They were delicious. I would love to see more cupcake recipes like this one.

Heather LeBlanc
Dublin, CA



I just received my latest issue of Food Network Magazine. OMG, I thought I died and went to culinary heaven!

Lillian Cotter
Chantilly, VA

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I was so thrilled to see Ina Garten's kitchen in the June/July issue. Her sense of style is as fabulous as her recipes. I would love to know where she got her bar stools—I really want them for my own kitchen!

Pat Knight, Beacon, NY

Ina's stools are vintage from France, but if you're willing to splurge, we found this look-alike online: the **Crab Stool** by Zeus of Italy, in mahogany-stained alder with a black frame (\$343 for a 28-inch stool; unicahome.com).



Ina picked up these stools in Europe.

I love pie. However, no matter what I do, my crust always seems to be either tough or soggy on the bottom. What can I do so I can have a **nice flaky piecrust** that isn't soggy by the time I serve it?

Phyllis Ferguson
Odessa, MO

We figured everyone could use a little help with this. See page 126 for everything you need to know to make a perfect piecrust.

I made the **Olive Garden salad and breadsticks** ["Copy That!"

June/July 2009] for lunch today. Thank you for the near-exact copy! They tasted so close to the original that all I had to do was close my eyes and I was there.

Kathy Kalisch
Alpena, MI



I loved the emphasis on **low-calorie meals** in the February/March issue ["Comfort Food Light"]. How about an emphasis on low-cost cooking? With the economy the way it is, readers would appreciate recipes that are easy on the wallet, too.

Glenda Smith
Hendersonville, TN

In this issue, Tyler Florence and Sunny Anderson make dinner for four for less than \$12 (see page 66), and on page 87, you'll find 14 low-cost weeknight dinners from Food Network Kitchens.

Yours is by far my favorite food magazine. I love the focus on **easy-to-prepare foods** that work for a busy family.

Michele Brinsfield
Ridgeley, WV

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Bobby, what's the best way to grill thick pieces of chicken without them drying out or getting charred?

Jon Lay
Space Coast, FL

For boneless breasts, you can lightly pound the chicken between pieces of plastic wrap to make it thinner. Then, start the chicken on high heat until you get a lightly golden crust on each side; lower the heat, close the grill and allow the meat to cook through. When you remove it from the grill, loosely tent with foil and let rest for 5 minutes. For skin-on, bone-in chicken, heat the grill to medium and cook the chicken slowly so the fat renders and the skin gets crisp (not charred); close the grill cover and continue cooking until just cooked through.

—Bobby Flay



Ina, I've noticed that Roquefort is your go-to variety when a recipe calls for blue cheese. My family finds this type a bit too strong. Can you suggest something with a more mild flavor?

Lucy McKee
Lexington, SC

I think French Roquefort is one of the great cheeses of the world, but it definitely has a strong blue cheese flavor! If your family prefers something more subtle, try Danish blue cheese or Italian gorgonzola, both of which are available in most grocery stores and will be absolutely delicious.

—Ina Garten



Alex, my wife loves the gold mesh ring you sometimes wear on your shows. Can you tell me where you got it?

Rich Bennett
Sanibel, FL

The ring is from Tiffany and it's in their catalog. My husband gave it to me as a holiday present and I haven't taken it off since. It does get flour and dough stuck in it from time to time, but I think that adds to the charm—it reminds me how much food I have enjoyed cooking (and eating...).

—Alex Guarnaschelli



Bob, do any of the chefs tape their shows in their own homes?

Judy Curtis
Hood River, OR

Paula, Ina and the Neelys shoot in their homes. Giada, Bobby, Sandra and Aaron shoot in homes that are more conducive to television taping than their own. And Rachael, Tyler, Guy, Anne and Sunny shoot on sets at Food Network studios.

—Bob Tuschman, SVP programming and production and judge on *The Next Food Network Star*



Aida, starchy foods stick to my stainless-steel cookware. Can I prevent this?

Mark Benavides
Houston

You probably just need to use more fat when you're sautéing, but the common problem—when rice, potatoes or pasta leave a film—can't be avoided. This will help: Fill the pot with water and a splash of white vinegar. Let it sit for a few minutes, then bring to a boil. This will help break down the starch and lift away the film for easy cleanup.

—Aida Mollenkamp

Have a question for a Food Network star? Write to us at foodnetwork.com/magazine.



Turn to page 58 to get a behind-the-scenes look at Guy's Big Bite set.

The content of all submissions (including letters, recipes and photographs) should be original and becomes property of Food Network Magazine, which reserves the right to republish and edit all correspondence received. By making a submission, you guarantee that you possess all necessary rights to grant the material to Food Network Magazine.



ASK SHERWIN-WILLIAMS WHERE YOU LEFT YOUR CAR KEYS.

Sorry, haven't seen them. But if you misplace things often, try repainting. A cool color can create a sense of calm and focus. Visit your local Sherwin-Williams® store and find a shade that makes you feel perfectly serene. And if you still can't find your keys? Check the front door. Got a question? There's nothing you can't ask Sherwin-Williams.



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little things really make a
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glasses of lowfat or fat free
milk a day. It's loaded with
Vitamin D, the sunny super
nutrient whose preventive
health benefits have
everyone buzzing. Just think
of it as liquid sunshine.



Drink well. Live well.

got milk?

10
THINGS

You Need to Know

THIS MONTH

1 You can smell like your favorite food.

Perfume makers are taking their cues from the kitchen.



Praline

Warning: Wearing **Soivohle' Pink Praline** perfume will make you crave dessert all day. \$40 for about 10 ml; soivohle.com



Lemon

New **Fresh Citron de Vigne Parfum** isn't as tart as most citrus sprays; it has hints of lemongrass, grapefruit and pinot noir. \$75 for 100 ml; fresh.com



Chocolate Truffle

Chocolate maker François Payard is sticking to what he knows with **Inspirations by Payard Bergamot Truffle Perfume**: It smells like chocolate and orange. \$48 for 50 ml; payard.com



Sugar

Sula Champagne Sugar Eau de Parfum is slightly sweet, like bubbly—and it lasts longer than a bottle of Dom Pérignon. \$32 for 30 ml; sulabeauty.com



Cucumber

You could rub cukes all over yourself, but this **Cucumber Splash** by **Marc Jacobs** might be a better bet. It smells like the real thing. \$68 for 300 ml; sephora.com

2 Cars of the future will be built with food.

Filling up with corn-based ethanol was just the beginning. Now automakers are introducing earth-friendly, edible materials into the assembly line. —SASCHA ZUGER



Seaweed

Toyota is busy improving its bioplastics (plastics made from natural sources, such as corn starch) in hopes of creating a superlight chassis out of seaweed. It should be on the road by 2020.



Soybeans

Ford is outfitting more than a million vehicles this year with soybean-based seat cushions. Manufacturing the cushions with soybean oil helps the company cut back on petroleum use and CO₂ emissions. Next up: interior trim made with soy-based plastic.



Carrots

Researchers at England's University of Warwick have built a race car equipped with a steering wheel made from carrots and other veggies. It reaches speeds of up to 135 mph and runs partly on chocolate waste from a nearby Cadbury factory.

CAR: ELLEN WEINSTEIN; DENTAL FLOSS: MARKO METZINGER/STUDIO D; HOT DOG: ALAMY.

3 One finalist on *The Next Food Network Star* has a hot idea.



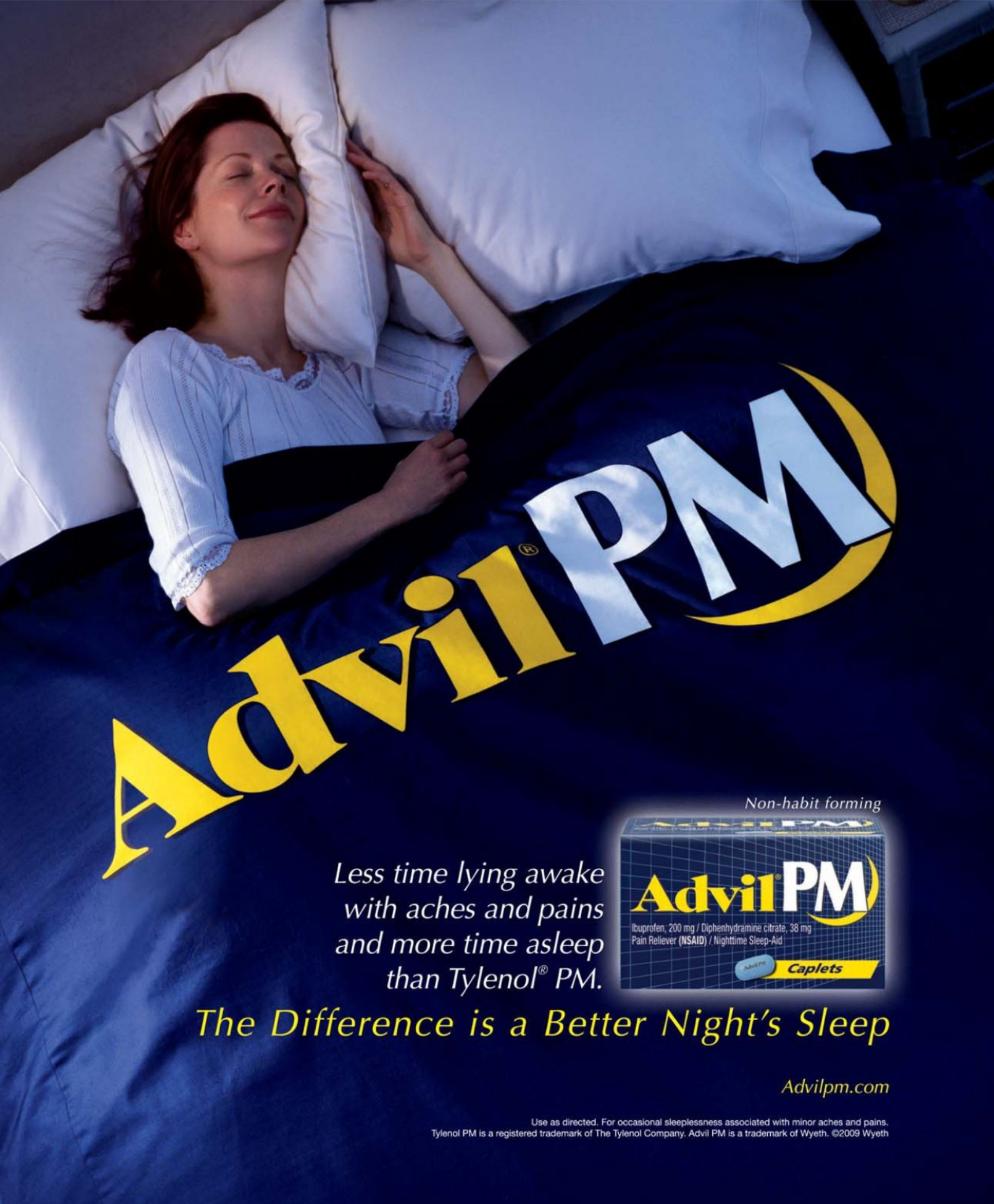
We saw her cook for Bobby Flay and the other judges on *The Next Food Network Star*, and now finalist Debbie Lee is taking on her biggest challenge yet: running her own restaurant. Her new spot, **Hot Dog Debbie's** (hotdogdebbies.com), is scheduled to open in Los Angeles this summer. The former Hollywood caterer will serve up serious comfort food



like the Morning Dog, topped with a fried egg and maple syrup, and Deb's Special, which comes covered with sautéed kimchi and tender pork belly.

4 The most important meal of the day is now available as...floss. New **Breakfast Floss** comes in waffle, coffee and bacon flavors, and it pairs better with a glass of OJ than the usual mint variety. \$6 for three; mcphee.com

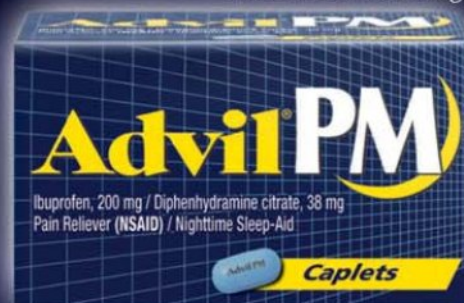




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5

Food attacks are on the rise.

Don't get any ideas from these bizarre crimes; the delinquents all ended up in the cooler.

Bagels can be dangerous!



● A **bagel** was the weapon of choice in a St. Petersburg, FL, attack earlier this year when Cassady Catolico allegedly used it to hit a man who'd filed a temporary restraining order against her. She was charged with battery and criminal mischief and locked up for 48 hours.



● Teenager Zachary Moir was arrested in Deltona, FL, after he allegedly shoved his mother and threw a **taco** at her. The situation apparently became heated when she unplugged his Xbox in the middle of a game.

● Police in Fresno, CA, caught up to 22-year-old Antonio Vasquez last fall after he allegedly burglarized a home, rubbing one victim with **spices** and hitting another with an eight-inch **sausage**. The stolen money was recovered, but a key piece of evidence—the offending sausage—was missing: A dog ate it.



6 If you're dieting, **drop the pop**. In a recent Johns Hopkins University study, participants who reduced liquid calories (geek-speak for "drank less soda") lost weight more effectively than those who focused only on reducing their solid calorie intake.

SOURCE: AMERICAN JOURNAL OF CLINICAL NUTRITION

7

Food Network chefs can take the heat.

We asked Food Network cooks for their go-to hot sauces, then we sent the bottles to Southwest Bio-Labs in Las Cruces, NM, to see where they fall on the Scoville Heat Units (SHU) scale. How hot do your favorite stars like it?



HOT SAUCES: MARKO METZINGER/STUDIO D; BAGEL: FOODCOLLECTION/GETTY IMAGES; TACO: HALLOPINO/ISTOCKPHOTO; SAUSAGE: JURA13/ISTOCKPHOTO.



LOVED BY MILLIONS.



8

Lavender is popping up everywhere.

The trendy herb is the star of some fun new products.

Honey Lavender gelato from New York's Il Laboratorio del Gelato costs five times more than a frozen treat should, but you're paying for quality: The rich handmade gelato is made with buckwheat honey and organic lavender. \$60 for four pints (plus overnight shipping); laboratoridelgelato.com



Want to cook with lavender? Check out our Lemon-Lavender Pie on page 126.



If you find mass-market colas too sweet, try grown-up **Lavender soda**. The subtle floral drink is tasty on its own, but it makes a great cocktail mixer, too. \$19 for 12 bottles; drysoda.com

Lavender novices beware: **Lavender Natural Candies** from The Apothecary's Garden are made with lavender oil, so the flavor is superintense. \$7 for 150 grams; naturalcandystore.com



9

You can wash your hands with kitchen grease.

Good cooks never let anything go to waste, which is why some L.A. chefs are happy to give engineer/food lover Marshall Dostal their leftover fryer grease. He converts the used oil—about 500 gallons a week—into biofuel, then turns one of the by-products, glycerin, into high-end soap. Dostal sells the soap, called **Further** (furthersoap.com), at trendy L.A. boutiques, and



also supplies it for restrooms at one of his oil sources, Mario Batali's Osteria Mozza. If you don't want to commit \$18.50 for an eight-ounce bottle, stop by the restaurant (mossa-la.com) to try it out first. Whether or not you like the soap, you'll love the food.

10

Hollywood has an appetite for chefs.

In the movie *Julie & Julia*, opening August 7, Meryl Streep brings Julia Child to life on the big screen (see page 155). But she's not the only A-list star cooking up a new food film....

—SUSANNAH GORA



Tracy Morgan

The 30 Rock goofball is the voice of youngster Cal in **Cloudy With a Chance of Meatballs** (September 18), an adaptation of the children's book about a town where food falls from the sky.



Tom Cruise

In **Food Fight** (scheduled for 2010), Cruise has been tapped to play a New York chef who finds himself cooking in a school cafeteria after he's fired from his fancy restaurant job.



Will Smith

For the movie **Cooked** (scheduled for 2010), the megastar is slated to play Jeff Henderson, who went from drug dealer to executive chef and inspired Food Network's *Chef Jeff Project*.



Keanu Reeves

The star is reportedly teaming with the director of *The Curious Case of Benjamin Button* on **Chef** (2011), about a down-on-his-luck Michelin-star chef determined to make a culinary comeback.

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Depression is a serious medical condition that can take so much out of you. You may experience frequent sadness, a loss of interest, lack of energy, and trouble concentrating.

PRISTIQ is thought to work by affecting the levels of two chemicals in the brain, serotonin and norepinephrine.

PRISTIQ may be a key in helping to treat your depression. So ask your doctor about PRISTIQ.



Important Safety Information

PRISTIQ® (desvenlafaxine) is a prescription medication approved for the treatment of major depressive disorder in adults.

Suicidality and Antidepressant Drugs

Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, teens, and young adults. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior. PRISTIQ is not approved for use in children under 18.

- People taking MAOIs should not take PRISTIQ.
- All patients taking antidepressants should be observed closely for signs that their condition is getting worse or that they are becoming suicidal. This is very important when an antidepressant is started or when the dose is changed. Patients should be watched for becoming agitated, irritable, hostile, aggressive, impulsive, or restless. These symptoms should be reported to the patient's healthcare professional right away.
- Tell your healthcare professional about all prescription and over-the-counter medications you are taking or plan to take, including:
 - Medicines to treat migraines or mood disorders, to avoid a potentially life-threatening condition
 - Aspirin, NSAID pain relievers, or blood thinners because they may increase the risk of bleeding
- PRISTIQ may cause or make some conditions worse, so tell your healthcare professional about all your medical conditions, including if you:

- Have high blood pressure. Your blood pressure should be controlled before you start taking PRISTIQ and monitored regularly
- Have heart problems, high cholesterol or triglyceride levels, or a history of stroke
- Have glaucoma or increased eye pressure
- Have kidney or liver problems
- Have or had mania, bipolar disorder, seizures, or convulsions
- Have low sodium levels in your blood
- Are nursing, pregnant, or plan to become pregnant
- Discontinuation symptoms may occur when stopping PRISTIQ, especially when therapy is stopped suddenly. Talk to your healthcare professional before you stop taking or reduce the dose of PRISTIQ.
- Until you see how PRISTIQ affects you, be careful driving a car or operating machinery. Avoid drinking alcohol while taking PRISTIQ.
- Side effects when taking PRISTIQ 50 mg may include nausea, dizziness, sweating, constipation, and decreased appetite.

Please see Brief Summary of Prescribing Information on next page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Visit Pristiq.com or call 1-800-PRISTIQ

If you do not have prescription drug insurance and need help paying for PRISTIQ, Wyeth may be able to help. Visit us at www.wyeth.com or call us at 1-800-568-9938 for more information.



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IMPORTANT FACTS ABOUT



(pris•teek')
Pristiq® -
(desvenlafaxine)
Extended-Release
Tablets

Read the Medication Guide that comes with you or your family member's antidepressant medicine. Talk to your, or your family member's, healthcare provider about:

- all risks and benefits of treatment with antidepressant medicines
- all treatment choices for depression or other serious mental illness

What is the most important information I should know about antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions?

1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.

2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.

3. How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?

- Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
- Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
- Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying
- attempts to commit suicide
- new or worse depression
- new or worse anxiety
- feeling very agitated or restless
- panic attacks
- trouble sleeping (insomnia)
- new or worse irritability
- acting aggressive, being angry or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to a healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.
- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's healthcare provider for more information.

This Medication Guide has been approved by the U.S. Food and Drug Administration for all antidepressants.

Important Information about Pristiq

Read the patient information that comes with Pristiq before you take Pristiq and each time you refill your prescription. There may be new information. If you have questions, ask your healthcare provider. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

What is Pristiq?

- Pristiq is a prescription medicine used to treat depression. Pristiq belongs to a class of medicines known as SNRIs (or serotonin-norepinephrine reuptake inhibitors).
- Pristiq is not approved for use in children and adolescents.

Who should not take Pristiq?

Do not take Pristiq if you:

- are allergic to desvenlafaxine, venlafaxine or any of the ingredients in Pristiq.
- currently take, or have taken within the last 14 days, any medicine known as an MAOI. Taking an MAOI with certain other medicines, including Pristiq, can cause serious or even life-threatening side effects. Also, you must wait at least 7 days after you stop taking Pristiq before you take any MAOI.

What should I tell my healthcare provider before taking Pristiq?

Tell your healthcare provider about all your medical conditions, including if you:

- have high blood pressure
- have heart problems
- have high cholesterol or high triglycerides
- have a history of stroke
- have glaucoma
- have kidney problems
- have liver problems
- have or had bleeding problems
- have or had seizures or convulsions
- have mania or bipolar disorder
- have low sodium levels in your blood
- are pregnant or plan to become pregnant. It is not known if Pristiq will harm your unborn baby.
- are breastfeeding. Pristiq can pass into your breast milk and may harm your baby. Talk with your healthcare provider about the best way to feed your baby if you take Pristiq.

•Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions

Rare, but potentially life-threatening, conditions called serotonin syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions can happen when medicines such as Pristiq are taken with certain other medicines. Serotonin syndrome or NMS-like reactions can cause serious changes in how your brain, muscles and digestive system work.

Especially tell your healthcare provider if you take the following:

- medicines to treat migraine headaches known as triptans
- St. John's Wort
- MAOIs (including linezolid, an antibiotic)
- tryptophan supplements
- sildenafil
- tramadol
- medicines used to treat mood disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs), or serotonin norepinephrine reuptake inhibitors (SNRIs)

Ask your healthcare provider if you are not sure whether you are taking any of these medicines.

Before you take Pristiq with any of these medicines, talk to your healthcare provider about serotonin syndrome. See "What are the possible side effects of Pristiq?"

Pristiq contains the medicine desvenlafaxine. Do not take Pristiq with other medicines containing venlafaxine or desvenlafaxine.

What should I avoid while taking Pristiq?

- Do not drive a car or operate machinery until you know how Pristiq affects you.
- Avoid drinking alcohol while taking Pristiq.

What are the possible side effects of Pristiq?

Pristiq can cause serious side effects, including:

- See the beginning of this page.
- Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions. See "What should I tell my healthcare provider before taking Pristiq?"

Get medical help right away if you think that you have these syndromes. Signs and symptoms of these syndromes may include one or more of the following:

- restlessness
- nausea
- loss of coordination
- hallucinations (seeing and hearing things that are not real)
- vomiting
- confusion
- fast heart beat
- increase in blood pressure
- increase in body temperature
- diarrhea
- muscle stiffness

Pristiq may also cause other serious side effects including:

- **New or worsened high blood pressure (hypertension).** Your healthcare provider should monitor your blood pressure before and while you are taking Pristiq. If you have high blood pressure, it should be controlled before you start taking Pristiq.
- **Abnormal bleeding or bruising.** Pristiq and other SNRIs/SSRIs may cause you to have an increased chance of bleeding. Taking aspirin, NSAIDs (non-steroidal anti-inflammatory drugs), or blood thinners may add to this risk. Tell your healthcare provider right away about any unusual bleeding or bruising.
- **Glaucoma (increased eye pressure)**
- **Increased cholesterol and triglyceride levels in your blood**
- **Symptoms when stopping Pristiq (discontinuation symptoms).** Side effects may occur when stopping Pristiq (discontinuation symptoms), especially when therapy is stopped suddenly. Your healthcare provider may want to decrease your dose slowly to help avoid side effects.

Some of these side effects may include:

- dizziness
- irritability
- abnormal dreams
- diarrhea
- nausea
- sleeping problems (insomnia)
- tiredness
- headache
- anxiety
- sweating

•Seizures (convulsions)

• **Low sodium levels in your blood.** Symptoms of this may include headache, difficulty concentrating, memory changes, confusion, weakness, and unsteadiness on your feet. In severe or more sudden cases, symptoms can include hallucinations (seeing or hearing things that are not real), fainting, seizures and coma. If not treated, severe low sodium levels could be fatal. Contact your healthcare provider if you think you have any of these side effects.

Common side effects with Pristiq include:

- nausea
- insomnia
- diarrhea
- decreased sex drive
- headache
- constipation
- vomiting
- delayed orgasm and ejaculation
- dry mouth
- loss of appetite
- anxiety
- sweating
- sleepiness
- tremor
- dizziness
- tiredness
- dilated pupils

These are not all the possible side effects of Pristiq. Tell your healthcare provider about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. For more information on these and other side effects associated with Pristiq, talk to your healthcare provider, visit our web site at www.pristiq.com or call our toll-free number 1-888-Pristiq.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Contact Information

Please visit our web site at www.pristiq.com, or call our toll-free number 1-888-Pristiq to receive more information. This product's label may have been updated. For current package insert and further product information, please visit www.wyeth.com or call our medical communications department toll-free at 1-800-934-5556.

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If you're thinking you've never heard of a product like this, you're right! And you don't have to be a genius to understand the tasteful and healthful benefits of this wonderful breakthrough!

Let's explain.

We're calling Pompeian OlivExtra Plus “The Smarter Cooking Oil” not because it's just another catchy advertising slogan – but because it's the truth! OlivExtra Plus is an incredibly healthful combination of our full-flavored, premium extra virgin olive oil with milder tasting canola oil, and Omega-3 DHA*.

Without getting too technical, all you need to know is this: DHA supports brain, eye, and heart health and is recommended by the American Heart Association and the Dietary Guidelines for Americans for cardiovascular health.

OlivExtra Plus puts natural antioxidant benefits in all your recipes and it's also low in saturated fat, cholesterol, and is sodium free and trans-fat free.

And what's more, it's an excellent value.

Now, if that's not smart, we don't know what is!



Makes every day better.

For more information on our OlivExtra Plus with Omega-3 DHA or this Chili-Lime Chicken Breast and other recipes, go to www.pompeian.com



life'sDHA™ is a trademark of Martek Biosciences Corporation. It is a long-chain polyunsaturated Omega-3 fatty acid produced from algae, a vegetarian source.

*Contains a full 32mg of DHA per serving, which is 20% of the 160mg Daily Value and 20% more than regular olive oil, which contains no DHA; and 1260mg per serving of Omega-3 ALA from canola oil. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. See www.pompeian.com for more details.



Special Delivery

Go ahead and splurge: There's a new **health-conscious pizza** just for you.

For the lactose intolerant

Kashi's Sicilian Veggie pizza (\$6.29 for a 9-inch pizza; at grocery stores) is loaded with so many ingredients—caramelized onions, red peppers, eggplant, kale—you might forget that that pizza is supposed to have mozzarella on top.

For low-sodium dieters

Amy's Organic Light in Sodium Spinach Pizza (\$3.69 for a 7-inch pizza; at grocery stores) has only 390 mg of sodium per serving, compared to more than 1,000 mg in most frozen pies. Thanks to the feta cheese on top, you won't miss the salt.

For the fat-fearing

Many labels tout "0 g trans fat," but trace amounts lurk in foods made with partially hydrogenated oils. Wolfgang Puck has revamped his frozen pies (\$7 for an 11-inch pizza; at grocery stores), ridding them of all trans fats.

For fiber junkies

Whole-wheat crust takes some getting used to, but you'll get lots of fiber and vitamin B from Papa John's version (\$13 for a 14-inch pizza; papajohns.com for locations). Unlike many pizzerias, this one doesn't charge extra for whole wheat.

For purists

Pizza Hut's new Natural pies (\$10 for a 12-inch pizza; pizzahut.com for locations) are free of artificial colors, flavors and preservatives. If only the chain would do the same for its Stuffed Crust Supreme!

For the gluten-free

Uno Chicago Grill was testing wheat-free pizza, made with soy and rice flour, in a few states when word spread to America's almost three million celiac folks. Now the pies are sold nationwide (\$11 for a 10½-inch pizza; unos.com for locations).

25 Things Chefs Never Tell You

Do restaurants recycle the bread basket? Are most of us bad tippers? **We surveyed chefs** across the country—**anonymously**—to find out everything we've always wanted to know.



Chefs are pickier than you think.

Liver, sea urchin, tofu, eggplant and oysters, of all things, topped the list of foods chefs hate most. Only 15% of chefs surveyed said they'd eat absolutely anything.

Still, chefs hate picky eaters.

More than 60% said requests for substitutions are annoying. Some of their biggest pet peeves: when customers pretend to be allergic to an ingredient, and when vegetarians make up rules, like "a little chicken stock is OK."

When eating out in other restaurants, chefs say they avoid pasta and chicken.

Why? These dishes are often the most overpriced (and least interesting)



on the menu. Said one chef, "I won't pay \$24 for half a chicken breast." Said another, "I want something I can't make myself."



Chefs have expensive taste.

The restaurant chefs most often cited as the best in the country was The French Laundry, in California's Napa Valley. It ought to be—dinner there is \$240 per person, before wine.

...and yet they like fast food.

Their favorite chain: Wendy's.

Culinary degrees aren't necessarily the norm.

Just half the chefs surveyed graduated from a cooking school. The rest got their training the old-fashioned way, by working their way up through the kitchen ranks.

Critics trump movie stars in the VIP pecking order.

A whopping 71% of chefs said they give special treatment to restaurant critics when they spot them; only 63% do the same for celebrities.

OYSTERS: JORGEGONZALEZ/ISTOCKPHOTO; THE FRENCH LAUNDRY: CEPHAS PICTURE LIBRARY/ALAMY; PASTA: KEVIN SUMMERS/GETTY IMAGES; MONEY: DUCKYCARDS/ISTOCKPHOTO; FISH: THEPALMER/ISTOCKPHOTO; NOISEMAKERS: LAWRENCE MANNING/CORBIS; HAT: DANIEL HURST/ISTOCK; BREAD: STOCKFOOD.

Making out in the bathroom is old news.

More than half of the chefs have found customers kissing—and much more—in the restaurant loo.

Only 13% of chefs have seen a cook do unsavory things to a customer's food.

The most unbelievable tale: "Someone once ran a steak through a dishwasher after the diner sent it back twice. Ironically, the customer was happy with it then."

Roaches are more common than you think.

Yes, 75% of chefs said they've seen roaches in the kitchen. And yet, chefs swear their kitchens are clean. On a scale of 1 to 10, 85% of chefs ranked their kitchens an 8 or higher for cleanliness.

Your bread basket might be recycled.

Three chefs admitted that uneaten bread from one basket goes right into another one.



Chefs work hard for low pay.

The chefs we surveyed work between 60 and 80 hours a week and almost all of them work holidays. Sixty-five percent reported making less than \$75,000 a year. Waiters take home an average of \$662 a week, often tax free.

"Vegetarian" is open to interpretation.

About 15% of chefs said their vegetarian dishes might not be completely vegetarian. Beware if you're one of those super-picky vegan types: One chef reported seeing a cook pour lamb's blood into a vegan's primavera.

Paying for a last-minute reservation probably won't work.

Only one chef said bribes will help you score a table when the restaurant is fully booked; he suggested "promising to buy a bottle of Dom Pérignon or Opus One." A better bet: being buddies with the chef.

Menu "specials" are often experimental dishes.

Contrary to popular belief—that specials are just a chef's way of using up old ingredients—most chefs said they use specials to try out new ideas or serve seasonal ingredients. Only five chefs admitted that they try to empty out the fridge with their nightly specials.

The appropriate tip is 20%...

That's what chefs leave when they eat out, and it's the amount they think is fair.

...unless the service is really poor. An astounding 90% of chefs said it's fair to penalize bad waiters with a smaller tip.



That rule about not ordering fish on Sunday might be worth following.

Several chefs warned, "We don't get fresh deliveries on Sunday."

Chefs hate working on New Year's Eve more than any other holiday.

Valentine's Day was a close second, but don't take that to mean chefs aren't romantic: 54% of those surveyed said they like it when couples get engaged in their restaurant.

They secretly want to be Alton or Giada.

Nearly 60% of chefs said they'd want their own cooking show.

The five-second rule actually applies.

A quarter of the chefs surveyed said they'd pick up food that dropped on the floor and cook it.

Chefs cook when they're sick.

It's a long-standing tradition in the restaurant industry: Cooks report to duty unless they're practically hospitalized. Half of those we surveyed said they come to work sick, and they stay there through injuries, too. Many chefs have cut themselves on the job, gone to get stitches and returned to work to finish out the night. Accidents definitely happen: Almost every chef we surveyed has been injured on the job in some way, and several chefs said they're missing parts of their fingers.

Restaurants mark up wine by a lot more than you might expect.

Most chefs said that a bottle on their wine list costs 2½ times what the same one would cost in a wine store.

Your waiter is trying to influence your order.

Almost every chef surveyed (95%) said he or she urges servers to steer customers toward specific dishes on the menu each night.

There's a reason so many restaurants serve molten chocolate cake.

More than 75% of chefs said they take inspiration from other restaurant menus.



Ask Ellie

Dietitian and *Healthy Appetite* host **Ellie Krieger** answers your nutrition questions—and bakes some homemade energy bars.

Q: I'm planning to participate in a few swimming competitions. Can you suggest some energy-boosting snacks?

Denise Fisher, Nokomis, FL

A: Smart snacking can help you tap into your inner Olympian. An hour or two before your swim, eat a snack containing carbohydrates for a quick boost, and protein for sustained energy. Some ideas: Make trail mix with whole-grain cereal, almonds and dried cherries; top a whole-wheat English muffin with peanut butter and banana; or sprinkle granola on berries and yogurt. Have a glass of low-fat chocolate milk when you finish a race. Research shows that this drink is ideal for refueling muscles, making you stronger for your next workout or competition.

Q: My husband has been deployed to Iraq and now that he's gone, I'm just not motivated to cook, much less worry about eating well. Do you have any ideas for quick and healthy dinners for one?

Ashley Holladay, Killeen, TX

A: It's important to take care of yourself while your husband is away. When I'm dining solo, here's one of my standbys: I mix honey and dijon mustard, then spread it over chicken breast or salmon and grill it. I eat that with sliced tomatoes and fresh corn—it's a perfect summer meal.

Can you lighten up a granola bar?

Q: I'd like to make my own granola bars. Do you have a recipe that doesn't load on the fat and calories, and that includes some healthy fiber?

Kim Figliomeni, Schreiber, Ontario

A: These homemade bars are packed with flavor and have just the right touch of sweetness, plus 4 grams of fiber. They are the perfect pick-me-up any time of day and much more healthful than most store-bought bars, which can contain a candy bar's worth of additives and refined sugar. These bars are less than 150 calories each.



FIG-AND-WALNUT ENERGY BARS

ACTIVE: 10 min | TOTAL: 45 min | MAKES: 16 bars

Cooking spray	½ cup nonfat dry milk
1 cup quick-cooking oats	½ teaspoon ground cinnamon
1 cup bran cereal	¼ teaspoon ground ginger
¼ cup whole-wheat flour	¼ cup honey
1 cup walnut pieces	2 large eggs
1½ cups coarsely chopped stemmed dried figs	

1. Preheat the oven to 350°. Coat a 9-by-13-inch baking pan with cooking spray.
2. Place the oats, cereal, flour, walnuts, figs, dry milk, cinnamon and ginger in a food processor; coarsely chop. Add the honey and eggs; pulse until well combined.
3. Transfer the mixture to the pan; spread evenly with your fingers. Bake until lightly browned around the edges, about 20 minutes. Cool in the pan for 15 minutes, then cut into 16 bars. Store in an airtight container at room temperature for up to 3 days, or wrap individually and freeze for up to 3 months.

Per bar: Calories 149; Fat 6 g (Saturated 1 g); Cholesterol 27 mg; Sodium 31 mg; Carbohydrate 22 g; Fiber 4 g; Protein 5 g

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The ^{Other} Food Court

Lawmakers are cracking down on our right to eat. Check out some of **America's weirdest food regulations.** BY CLAUDINE KO



Sangria Legalized in Virginia!

Bar owners in Virginia can once again serve sangria without risking fines or jail time: Officials recently repealed a Prohibition-era law that forbade serving wine or beer mixed with liquor. Alas, it was too late for an Alexandria tapas bar slapped with a \$2,000 fine for serving sangria made with brandy.

California Sides With Birds on Foie Gras Ban

Despite the repeal of Chicago's unpopular foie gras ban last year, California is set to criminalize the production and sale of fattened duck and goose liver in 2012, citing animal rights. Back in Chicago, chef Didier Durand, who led the protest there, plans to open a foie gras museum.

Energy Drinks Are Losing Steam

Kentucky, Rhode Island and Maine lawmakers have all contemplated bills banning energy drink sales to anyone under 18, citing reasons like "child safety." However, a serving of many energy drinks contains less caffeine than a cup of joe. Some schools have kept them off campus as part of an effort to cut high-calorie drinks.

300% Tax Stinks, Say Cheese Lovers

During his last week in office, President George W. Bush tripled the tariff on imported French Roquefort cheese, to take one last jab at the French, critics say. The 300-percent tax would have pushed prices close to \$60 a pound this spring if the Obama administration had not issued a hold on the tariff.

Los Angeles City Council Tells Public: Hold the Fries

South Los Angeles, formerly known as South Central, has the highest concentration of fast-food restaurants in the city: about 400 within 32 square miles. Not surprisingly, the area also has the highest number of diabetes cases. The city council unanimously approved a measure to put a one-year hold on the opening of new fast-food joints in the neighborhood; the ban is up for extension this summer.



Mississippi Restaurants: No Waistline, No Service?

We're not sure how he planned on enforcing it, but last year, Mississippi Representative John Read introduced a bill that would prohibit restaurants from serving obese customers. Read, who is 5-foot-11 and weighs 220 pounds, says he just meant to start a dialogue on health in his state, which has the country's highest rates of obesity, diabetes and heart disease. The proposal was quickly shot down by legislators.



Hawaii Targets Sugar Impostors

Lawmakers in Hawaii have repeatedly introduced bills banning the artificial sweetener aspartame, citing controversial studies about the additive's link to neurological disorders. If the law ever passes, stores will have to remove 6,000 products containing aspartame. The sticky debate was postponed earlier this year.

COPD? BREATHE BETTER.

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ADVAIR is different from most other COPD medications because it contains both an anti-inflammatory[†] and a long-acting bronchodilator working together to help you breathe better. Talk to your doctor and find out if ADVAIR is right for you.

*Measured by a breathing test in people taking ADVAIR 250/50, compared with people taking either fluticasone propionate 250 mcg or salmeterol 50 mcg. Your results may vary.

[†]It is not known how anti-inflammatories work in COPD.

[‡]Restrictions apply. See AdvairCOPD.com for eligibility rules.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

If you smoke and want to quit, you can learn more at way2quit.com.

Important information: ADVAIR DISKUS 250/50 is approved for adults with COPD, including chronic bronchitis, emphysema, or both. You should only take 1 inhalation of ADVAIR twice a day. Higher doses will not provide additional benefits. People with COPD taking ADVAIR may have a higher chance of pneumonia.

Call your doctor if you notice any of the following symptoms: change in amount or color of sputum, fever, chills, increased cough, or increased breathing problems. ADVAIR may increase your risk of osteoporosis and some eye problems (cataracts or glaucoma). You should have regular eye exams. Thrush in the mouth and throat may occur. Tell your doctor if you have a heart condition or high blood pressure before taking ADVAIR. Do not use ADVAIR with long-acting beta₂-agonists for any reason. ADVAIR does not replace fast-acting inhalers for sudden symptoms.

Please see accompanying important information about ADVAIR DISKUS.

Get your first full prescription FREE[‡] Go to AdvairCOPD.com or call 1-800-511-4790.

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GlaxoSmithKline

ADVAIR DISKUS[®] 250/50
(fluticasone propionate 250 mcg and salmeterol 50 mcg inhalation powder)

What is the most important information I should know about ADVAIR DISKUS?

- In patients with asthma, long-acting beta₂-agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), may increase the chance of death from asthma problems. In a large asthma study, more patients who used salmeterol died from asthma problems compared with patients who did not use salmeterol. It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, changes your chance of death from asthma problems seen with salmeterol. Talk with your healthcare provider about this risk and the benefits of treating your asthma with ADVAIR DISKUS.
- ADVAIR DISKUS does not relieve sudden symptoms. Always have a fast-acting inhaler (short-acting beta₂-agonist medicine) with you to treat sudden symptoms. If you do not have a fast-acting inhaler, contact your healthcare provider to have one prescribed for you.
- Do not stop using ADVAIR DISKUS unless told to do so by your healthcare provider because your symptoms might get worse.
- ADVAIR DISKUS should be used only if your healthcare provider decides that another asthma-controller medicine alone does not control your asthma or that you need 2 asthma-controller medicines.
- Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS. You may need different treatment.
- Get emergency medical care if:
 - breathing problems worsen quickly, and
 - you use your fast-acting inhaler, but it does not relieve your breathing problems.

What is ADVAIR DISKUS?

- ADVAIR DISKUS contains 2 medicines:
 - fluticasone propionate (the same medicine found in FLOVENT[®]), an inhaled corticosteroid medicine. Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
 - salmeterol (the same medicine found in SEREVENT[®]), a LABA. LABA medicines are used in patients with asthma or chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.

Asthma

ADVAIR DISKUS is used long term, twice a day, to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children ages 4 and older.

Chronic Obstructive Pulmonary Disease (COPD)

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, twice a day, to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD
- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

Important Information

This brief summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- are pregnant or planning to become pregnant. It is not known if ADVAIR DISKUS may harm your unborn baby
- are breastfeeding. It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby
- are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products
- are exposed to chickenpox or measles

Tell your healthcare provider about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines Norvir[®] (ritonavir capsules) Soft Gelatin, Norvir[®] (ritonavir oral solution), and Kaletra[®] (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. Do not use ADVAIR DISKUS more often than prescribed. ADVAIR DISKUS comes in 3 strengths. Your healthcare provider will prescribe the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation twice a day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- While you are using ADVAIR DISKUS twice a day, do not use other medicines that contain a LABA for any reason. Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.
- Do not change or stop any of your medicines used to control or treat your breathing problems. Your healthcare provider will adjust your medicines as needed.
- Make sure you always have a fast-acting inhaler with you. Use your fast-acting inhaler if you have breathing problems between doses of ADVAIR DISKUS.

Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your fast-acting inhaler for 2 or more days in a row
- you use 1 whole canister of your fast-acting inhaler in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

What are the possible side effects with ADVAIR DISKUS?

- See "What is the most important information I should know about ADVAIR DISKUS?"
- Patients with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. Call your healthcare provider if you notice any of the following symptoms:
 - increase in mucus (sputum) production
 - change in mucus color
 - increased breathing problems
 - increased cough
 - fever
 - chills
- serious allergic reactions. Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction, including:
 - rash
 - swelling of the face, mouth, and tongue
 - hives
 - breathing problems
- increased blood pressure
- chest pain
- a fast and irregular heartbeat
- headache
- tremor
- nervousness
- weakened immune system and a higher chance of infections
- lower bone mineral density. This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- eye problems including glaucoma and cataracts. You should have regular eye exams while using ADVAIR DISKUS.
- slowed growth in children. A child's growth should be checked often.

Other common side effects include:

- hoarseness and voice changes
- throat irritation
- thrush in the mouth and throat
- respiratory tract infections

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at www.advair.com.

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Odd Job

The chefs you see on the *Today* show aren't prepping their own dishes—the **food stylist** is.



The hosts know not to mess up the food before the cameras roll.

We met food stylist Bianca Borges Henry on the set of NBC's *Today* show to find out how she gets all those dishes camera-ready before most of us are out of bed.

On the early-bird hours:

Henry starts her day at 6 a.m., and when the cameras stop rolling at 11 a.m., she still has seven hours to go, shopping and prepping for the next day.

On all those groceries:

She spends about \$300 on food for one four-and-a-half-minute segment. She makes four versions of each dish for the chef: three to show different steps, and one for the finished shot. When she has to make restaurant food, she gets the dish a day ahead, then re-creates it the morning of the shoot. Items like a McDonald's Big Mac get fresh lettuce and tomato.

On live-TV mishaps:

Giada De Laurentiis often tells the story of her first *Today* segment, when Matt Lauer took a bite of chicken that wasn't cooked through. Henry had prepared it—"a huge disaster," Henry says. "Matt always jokes around and asks me if the food is safe to eat." It is. In fact, she never uses fake food or anything inedible. "You never know who's going to pick something up and eat it on air," she says.

"Bianca can keep up with any of the chefs we have on *Today*, and I think that makes them better on the show. They know she's got their back."
—Al Roker



Ask Ted

Ted Allen, host of *Chopped*, tackles your toughest culinary questions—just try him.



Keep lettuce in the drawer, where it's nice and humid.

What good is a crisper drawer?

Do refrigerator crisper drawers do anything, or are they just drawers?

Christy Rodriguez, Cleveland

A: You might think the crisper was invented by the produce industry to hide your zucchini until it goes bad and you have to buy more. But a crisper actually works—it's a sealed environment that has higher humidity than the rest of the fridge, reducing dehydration in fruits and vegetables so they hold their shape and texture. Anything that your supermarket spritzes, like lettuce, cucumbers, peppers, beets and carrots, should go in the crisper. Other types of produce, like potatoes and garlic, prefer to stay dry, and some, like apples, oranges, squash and onions, are happiest somewhere in between. (One of your drawers probably has a switch that adjusts humidity for those in-between fruits.) The more you store in the drawer, the higher the humidity, so keep it about two-thirds full.

Q: I've always heard that when you broil something, you need to leave the oven door open. Why?

Michelle Guziec,
Highland Village, TX

A: As usual, Mom was right. Mostly. Broiling is a direct-cooking method, in which you expose food to high heat from a flame or an electric source. This differs from baking, when hot air inside the oven cooks the food. If your oven door is closed during broiling, the air in the oven heats up, too, resulting in food that is baked (unevenly) as well as broiled—not what you want. Propping the door open also allows moisture to escape, creating a hot, dry environment that's ideal for broiling. Personally, for obvious reasons, I prefer using this technique during chilly months.

Q: I'm lactose intolerant. When I bake with milk, does it evaporate enough not to hurt my stomach?

Katherine Lewis,
Sherman Oaks, CA

A: Baking has no effect on lactose, the natural sugar in dairy products. However, most lactose-intolerant people can consume as much as 12 ounces of milk a day without a problem, and a serving of cake or cornbread contains much less lactose than a serving of milk, ice cream or yogurt. If you're extremely sensitive, you can bake with lactose-reduced milk. It's sweeter than regular milk, though, so you might need to adjust the sugar.

CRISPER: ESEMELWE/ISTOCKPHOTO

Food4thought



SEARED AHI AND AVOCADO SALAD

Searched ahi tuna, Fresh California Avocados and a sesame-miso dressing top fresh baby lettuces.

Serves: 4 Cook Time: 5 minutes
Prep Time: 10 minutes Total Time: 15 minutes

INGREDIENTS

Sesame-Miso Dressing (see make-ahead recipe below)	Oil, for grilling
1 Tbsp. soy sauce	2 ripe, Fresh California Avocados, halved and seeded
4 (5-oz.) ahi tuna steaks	2 Tbsp. fresh lemon juice
1/2 cup white and/or black sesame seeds	1 (5-oz.) bag baby lettuces

INSTRUCTIONS: Prepare dressing. In a small bowl, combine soy sauce with an equal amount of the dressing. Reserve remaining dressing. Brush soy sauce/dressing mixture over both sides of the ahi steaks. Place sesame seeds in a flat bowl. Press each ahi steak into the seeds to coat, set aside. Heat grill or stove-top grill pan to high heat. Brush lightly with oil. Brush cut-side of avocados with lemon juice and place avocados on hot grill/pan, cut-side down. Grill for two to three minutes; place on salad greens. Add ahi steaks to grill/pan and sear for about 30 seconds each side for rare tuna, or cook 2 to 3 minutes per side if you prefer more well-done ahi. Let seared fish rest for a couple of minutes, then slice. Place ahi slices on salad next to the grilled avocado halves. Fill each avocado with a spoonful of the dressing; drizzle remaining dressing on salad and serve.

SESAME-MISO DRESSING INGREDIENTS

1 green onion, minced	2 tsp. sugar
2 Tbsp. white miso paste	2 Tbsp. canola oil
1/3 cup water	1 tsp. toasted sesame oil

DRESSING INSTRUCTIONS: Whisk together all dressing ingredients until smooth.

For Nutrition Information, please visit CaliforniaAvocado.com.



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Elevating Life.

Star Kitchen

With all the pro equipment, **Michael Chiarello** could run a restaurant out of his sprawling home kitchen, but this space is meant for family.

PHOTOGRAPHS BY JAMES BAIGRIE

WINEMAKER'S POT RACK

The chef hangs his copper pots and pans on an old riddling rack, once used to hold champagne bottles in the right position for fermentation. Michael sells similar racks in his online catalog, napastyle.com.

BRICK OVEN

Michael likes to fire this up in the winter and eat homemade pizza on bar stools right in the kitchen with his wife, Eileen, and "whichever kids are around." He has three daughters and a son.

INDUSTRIAL COOKWARE

He uses sturdy French blue steel pots for quick sautés. "You'll see a stack of these in restaurant kitchens. They're awesome—they're cheap as chips and they last forever."

FOOD AND PROP STYLING
CLAUDIA SANSONE

Here's the thing about chefs and their home kitchens: They want all the fancy appliances, yet they don't want the place to look or feel like work. Michael Chiarello designed this Napa kitchen with some serious gear—12 burners, two sinks, a Sub-Zero fridge, a brick oven—and then he made sure it was nothing like the cramped restaurant spaces where he's worked. "I spent my whole life with things hanging over my head," he says. "I don't want anything up there now." His bright, sprawling setup is ideal for small family meals and big dinner parties, where he serves wine from his backyard vineyard.

SEE-THROUGH CABINETS

Michael wanted his kitchen to feel bright and open, so he installed cabinets with glass backing to let light from the windows shine through.

The chef's vineyard is right outside this window!

CLASSIC COOKBOOKS

He stores his own recipes in a computer database, but he still keeps cookbooks handy. His *Joy of Cooking* gets the most attention. "In the morning, you know, sometimes you forget how to make waffles."

Turn the page to get Michael's look.



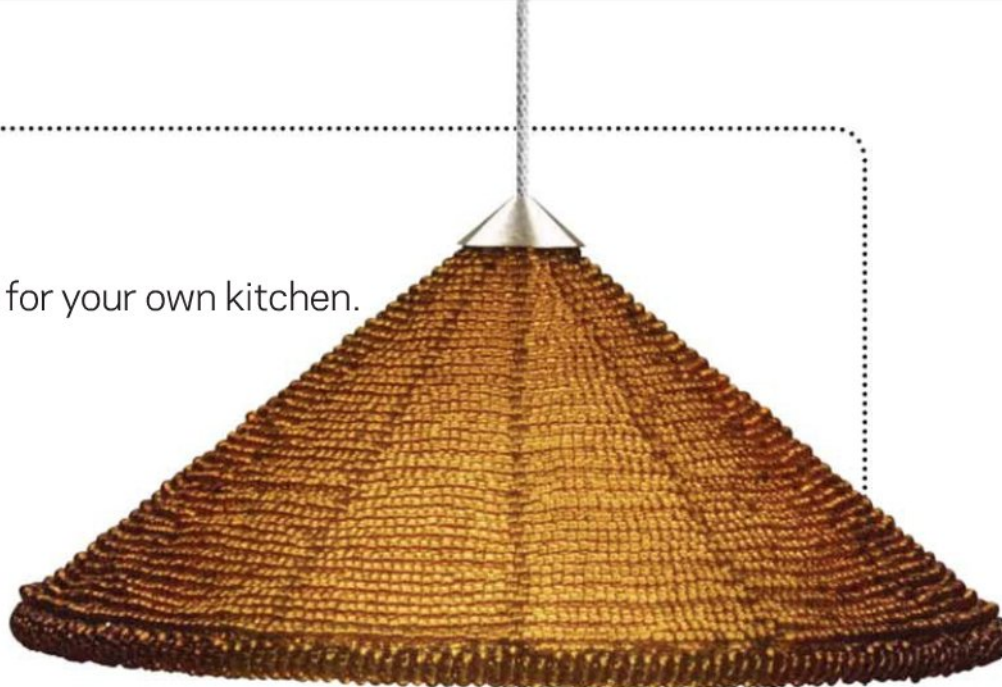
See what the chef hides under here on page 56.

Get the Look

Pick up some of Michael's finds for your own kitchen.



Michael stores tools in restaurant **bains-marie** (large steel containers) and stashes them under the island. "This is the clutter I don't need to see," he says. \$12.10 and up; bakedeco.com



The hand-beaded **pendant lamp** hanging in Michael's kitchen is from his first restaurant, Tra Vigne, in nearby St. Helena. This Maya lamp by Tiella is an affordable look-alike. \$195; encompasslighting.com



The work island in Michael's kitchen is great for big projects like rolling out pasta. The only catch: It's too long. "If I had to do it again, I'd split the island up," he says. This **butcher block** is similar but a little smaller. \$825; homedepot.com



A photo of the chef's great-grandparents sits above the brick oven. "My great-grandmother was an amazing cook," he says. For a similar effect, have your own **family photos** restored and enlarged. \$30 and up; hollywoodfotofix.com for dealers



Michael keeps **wire baskets** on the counter for fresh produce. "They're always full," he says. He sells these in his own catalog. \$48 for three; napastyle.com

The chef usually cooks on his gas stove, but he tests recipes on this Viking custom **electric range top**. He also used this stove to teach his daughters to cook. \$2,200 and up; vikingrange.com



Elevate the everyday sandwich.

TIPS TO TAKE BROWN BAGGING TO A WHOLE NEW LEVEL



You want a wholesome, (but quick) alternative to fast food for your family. Luckily the sandwich is making a comeback—and **Hillshire Farm** is making it great.

CHOOSE VARIETY FOR THE WHOLE FAMILY. Try a tastier turkey. **Hillshire Farm Deli Select** lunchmeat offers Honey Roasted, Cracked Black Pepper, or Mesquite Turkey Breast.

SAY GOODBYE TO SOGGY. Layer cheese and meat between the bread and your “wetter” ingredients (like tomato or lettuce).

ADD FLAVOR. **Hillshire Farm** brand offers deli-quality meat for less AND their signature red tub keeps it double-sealed for freshness.

TRY NEW INGREDIENTS. Replace the “same-old mayo” with creamy salad dressing or pesto and add crisp fruit and cucumber slices or soft spreadable cheese.

GIVE YOUR TASTE BUDS SOMETHING TO TALK ABOUT. Add taste to your boring old brown bag with the extraordinary quality of **Hillshire Farm** flavors like brown sugar, sweet honey and hickory smoked.



Hillshire Farm brand is dedicated to premium tasting lunchmeat because we use the finest cuts of meat—no by-products, no artificial flavors—and pack it in a double-sealed container to preserve freshness.



Guy cranks out some tunes during a break from taping.



**Set Secret**

The sunny California neighborhood you see out the windows on the show? It's fake: *Guy's Big Bite* is taped in a New York City studio.

Guy's Big Set

Guy Fieri gives us a tour of his set, and a firsthand look at how he makes the soundstage rock.

BY ALAN SYTSMA PHOTOGRAPHS BY MARK PETERSON

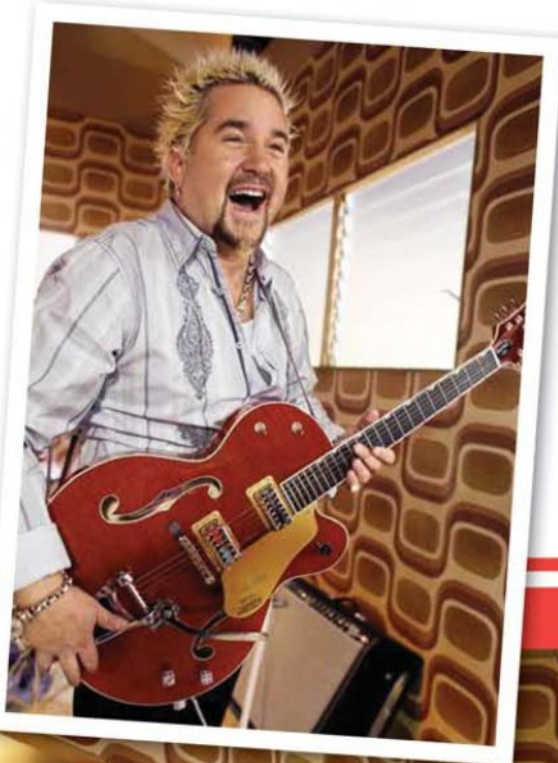
Twice a year, a 40-foot trailer pulls up to Food Network's New York City studios and drops off the pieces of a seriously cool apartment: wood paneling, shag carpeting, a Viking stove, a fire-engine-red refrigerator and a garage worth of band equipment. In three days, these parts become the set for *Guy's Big Bite*, and less than two weeks later, they're packed up and shipped back to storage until next season. Building and rebuilding the set is a huge undertaking, but Food Network's prime shooting space, Studio A, is home to more than just *Guy's Big Bite*. Other shows, including *30 Minute Meals* and *Iron Chef America*, are taped here, too.

When Guy's set is assembled and camera-ready, he has just 10 days to wrap 20 episodes, a deadline that translates

to many long days in the studio. Lucky for Guy and his hardworking crew, the set looks and feels more like a bachelor pad than the stage for a cooking show. The inspiration? Mark Dissin, vice president of production and the show's executive producer, just asked Guy what he wanted. "I sat there and rattled off all this stuff—a pool table, a pinball machine, a big-screen TV—and I showed up and it was all there!" Guy says. Production designer Amelia Battaglio pulled the whole look together, taking cues from real-life bachelor pads.

Guy showed us around during a few minutes of downtime while taping his latest season of *Guy's Big Bite*, airing Sundays at 11 a.m. We wanted to hang out all day, but unfortunately, Guy had to get back to work.





Jam Sessions

"You gotta say something about Fender! For my birthday, they got me a sick **\$12,000 guitar**," Guy says about his new custom Presidential Select Stratocaster. Guy has a few guitars on set, plus enough equipment to keep a roadie busy for days: **keyboards, drums, amps, colossal speakers**. While he's not bad on the keyboard and drums, he's going to stick to cooking for a living.



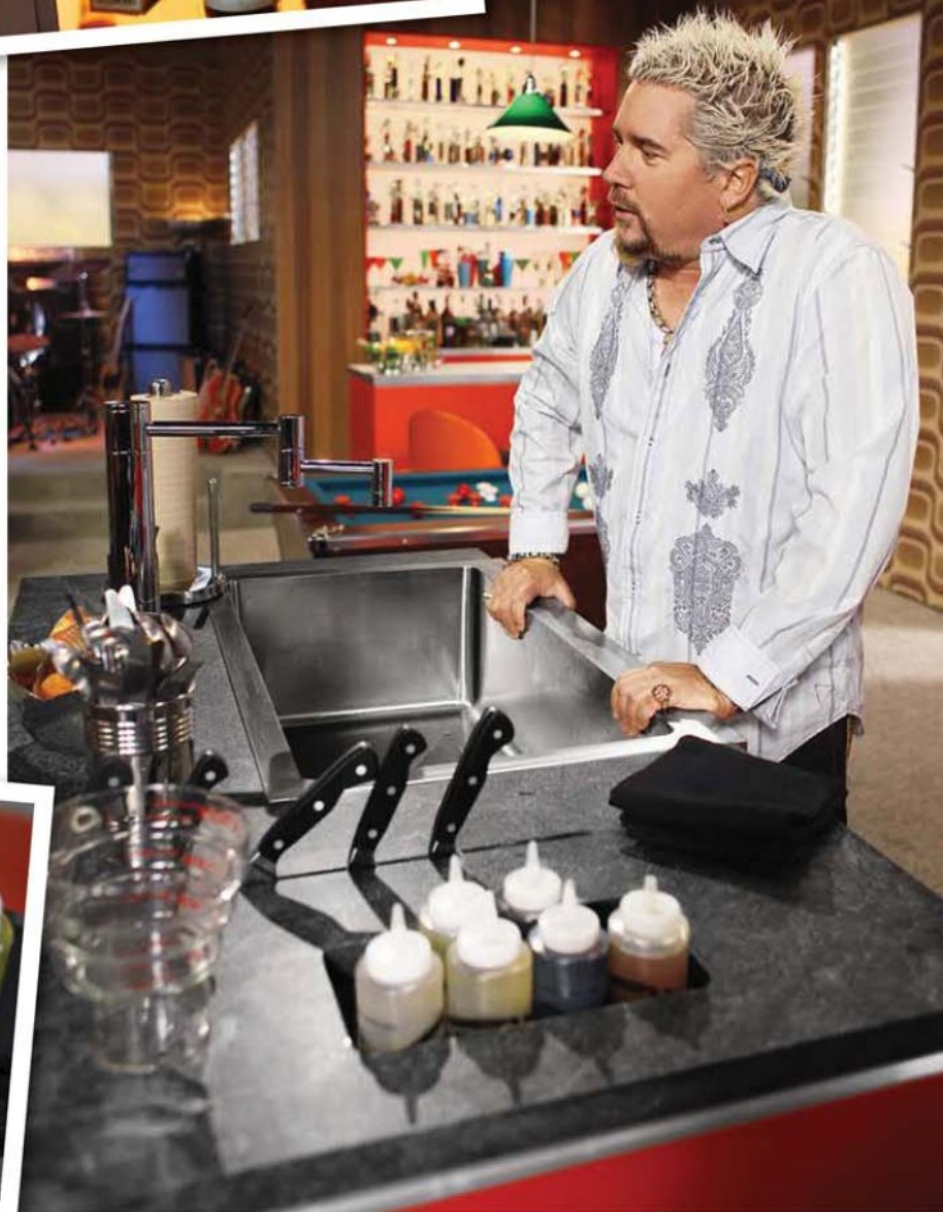


Set Secret

Food Network designers customize labels for the pantry. Hunter's Dreamy Creamy Peanut Butter is named after Guy's son.

Custom Kitchen

After six seasons of *Guy's Big Bite*, Guy has everything in his kitchen just how he wants it. The latest additions: **pullout recycling bins** (above) and an **extra-deep sink**, where he hides dirty pans while he's cooking. He also likes to show off his **counter with built-in storage** for squeeze bottles, knives, salt, pepper and garlic. But the best feature of all? As Guy puts it, "I told them: 'I want one big-@\$\$ cutting board!'" And he got one: The 4½-foot-long board sits flush with the counter (above).





Killer Dishes

On his show, Guy cranks out recipes like Red Rocker Margarita Chicken and Cuban Pork Chops with Mojo—not exactly food fit for white china. To find plates that stand up to Guy's big flavors, design director Wendy Waxman hits flea markets and eBay, hunting down anything she thinks is "gutsy and weird." That means **skulls, snakeskin, spiders or any big, bold prints.** "There's a fine line between flashy and too flashy," she says. "With Guy, you want to be right on that line."

Set Secret

Producers rule out some of the prop team's flashier dishes because they give off a glare. Luckily, these skulls made the cut.

Freeway Style

Guy is from California, birthplace of the hot rod, and he owns eight cars himself. Designers incorporated the car theme into the set with **old hubcaps, license plates and grilles**, and Guy's now-famous fridge with a racing stripe.



Set Secret

The racing stripe on Guy's fridge isn't a custom paint job—it's a vinyl sticker.





Set Secret

Sorry, Guy isn't a judo champion, slam-dunk master or world-class golfer. All the trophies on this shelf are rented from a prop house.



Grown-up Toys

The area next to Guy's kitchen is what you might picture for a Fieri-family rec room. It's packed with dude-friendly gear like a **bumper pool table**, **Ron Jon surfboard** and **42-inch TV**. And the best toy of all is the 1970s **Drop-A-Card pinball machine**, which still works. Some crew members went a few rounds between takes, but no one was able to top Guy's high score: 8,408 (out of a possible 9,999).



Want even more secrets? Check out Guy's *Chefography* when it premieres on Food Network August 15 at 9 p.m.

OUR BIGGER, THICKER CHIPS BEG THE QUESTION:

WHO THOUGHT OF THOSE
SMALLER, THINNER CHIPS?



A GIANT LEAP FOR SNACK-KIND.™



FOUND IN THE SNACK AISLE

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Fun Cooking

Pour a **real fruit cocktail**. Then, get creative with your blender or try some tasty new recipes for the grill.

WATERMELON SOURS

Puree 4 cups **watermelon chunks**; strain. Stir in 4 ounces **Alizé Red Passion** or other fruit-flavored liqueur, 8 ounces **gin** and 2 cups **sour mix**; chill. Add **sparkling rosé** before serving. Garnish with **lime**. Makes 10 to 12 drinks.

Pack a Punch

It's time to retire that old watermelon basket trick. Turn your melon into a **cocktail keg**, instead. Cut a lid from the top and scoop out the fruit. Drill a small hole near the bottom, then use a knife to widen the hole until it's slightly smaller than a keg shank (\$30 for kit; kegworks.com). Attach the shank, then fill the melon with this cocktail, adapted from the new book *The Bubbly Bar* (\$17; Clarkson Potter). The drink is pulp-free, so it won't clog the spout.

PHOTO: LISA HUBBARD;
PROP STYLING: ANNA BECKMAN

CREDIT

face-off



"Winner, winner, chicken dinner. I'll put my roast chicken up against anything!"

He Made

Who can make the best meal for \$12 or less? See what **Tyler Florence** and **Sunny Anderson** whipped up...



\$2.90
per serving!

VOTE!
Tell us which chef
is the discount-
dinner champion at
[foodnetwork.com/
magazine](http://foodnetwork.com/magazine).

TYLER FLORENCE'S ROAST CHICKEN WITH WILTED BUTTER LETTUCE AND PEAS

ACTIVE: 30 min | TOTAL: 1 hr 30 min | SERVES: 4

FOR THE CHICKEN

- 1 3-to-4-pound chicken,
rinsed and patted dry
- Kosher salt and freshly
ground pepper
- 1 lemon, halved
- 1 head garlic,
halved crosswise
- ½ bunch fresh thyme
- 4 to 6 bay leaves
- Extra-virgin olive oil,
for drizzling

*Tyler's secret
weapon*

FOR THE LETTUCE AND PEAS

- 1 cup dry white wine
- ¼ red onion, finely chopped
- 1 bay leaf
- 6 black peppercorns
- Kosher salt
- 4 tablespoons cold
unsalted butter,
cut into cubes
- Freshly ground pepper
- 1 cup frozen peas
- 1 large head butter lettuce,
leaves separated

1. Prepare the chicken: Preheat the oven to 350°. Season the chicken cavity with plenty of salt and pepper; stuff the lemon halves, garlic, thyme and bay leaves inside. Tie the legs together with kitchen twine. Drizzle the skin with olive oil and rub all over; season with plenty of salt and pepper. Place the chicken breast-side up in a roasting pan; roast for 1 hour, or until an instant-read thermometer inserted into the thigh registers 165°. Let rest for 15 minutes before carving.

2. Meanwhile, prepare the lettuce and peas: Combine the wine, red onion, bay leaf, peppercorns and a pinch of salt in a saucepan; simmer over medium heat until the mixture is syrupy and just coats the bottom of the pan. Whisk in the butter cubes, a few at a time, to thicken the sauce and give it a shine. Season with salt and pepper and keep warm. (Remove the peppercorns and bay leaf before serving.)

3. Place the peas in a small pot of salted boiling water until heated through; drain. Toss the peas, lettuce and beurre blanc (warm butter sauce) in a bowl until the lettuce wilts slightly. Serve with the chicken.

She Made



"A low-cost cut of meat goes a long way with my bold chimichurri sauce and beer-basted peppers."

\$2.85
per serving!

SUNNY ANDERSON'S STEAK FAJITAS WITH CHIMICHURRI AND DRUNKEN PEPPERS

ACTIVE: 50 min | TOTAL: 1 hr 50 min | SERVES: 4

- 1 bunch fresh parsley
- 1 bunch fresh cilantro
- 1 to 2 cloves garlic
- 1 large red onion, halved and sliced
- Kosher salt and freshly ground pepper
- 2 tablespoons red wine vinegar
- 3 tablespoons lemon juice
- $\frac{1}{2}$ cup plus 1 tablespoon extra-virgin olive oil
- 1 pound chuck or top round steak (London broil)
- 3 poblano peppers, seeded and cut into strips
- $\frac{3}{4}$ cup **lager beer**
- 8 8-inch flour tortillas
- Lime wedges, for serving (optional)

*Sunny's secret
weapon*

1. Combine the parsley and cilantro (leaves and stems), garlic, half of the sliced onion, 1 tablespoon salt, 1 teaspoon pepper, vinegar, 2 tablespoons lemon juice and $\frac{1}{2}$ cup olive oil in a food processor; blend into a thick and smooth chimichurri sauce. Pierce both sides of the steak with a fork several times; place in a resealable plastic bag and add half of the sauce. Seal the bag and turn to coat the steak; refrigerate for at least 1 hour. Cover and reserve the remaining sauce.

2. Preheat a grill to medium-high. Remove the steak from the bag (discard the bag of sauce); season with salt and pepper and grill until medium-rare, about 6 minutes per side. Let rest, loosely covered with foil, for 10 minutes.

3. Meanwhile, heat the remaining 1 tablespoon olive oil in a large skillet over medium-high heat. Add the peppers and the remaining sliced onion half; season with salt and pepper. Sauté until the vegetables are softened and caramelized around the edges, about 8 minutes. Add the beer, cover and cook until the peppers are tender, about 5 minutes.

4. Warm the tortillas on the grill. Thinly slice the steak on the bias; divide among the tortillas along with the peppers and onions. Thin the reserved chimichurri sauce with the remaining 1 tablespoon lemon juice; drizzle over the fajitas. Serve with lime wedges, if desired.

Copy That!

Pinkberry wouldn't give up the recipe for its famous frozen yogurt, so Food Network Kitchens created a perfect imitation.

top
secret

Mass hysteria seems to ensue whenever the frozen-yogurt chain Pinkberry opens one of its mod, pastel-colored shops. In 2005, when the first store arrived in West Hollywood, CA, lines snaked around the block and security guards were called in for crowd control. The commotion hasn't died down since. Fans are so faithful, they'll often wait up to half an hour for the specialty: tart, tangy, not-too-sweet frozen yogurt loaded with fresh fruit and oddball toppings like Fruity Pebbles and yogurt chips. Of course, at around \$5 a cup plus \$1 per topping, the soft-serve treat can take a toll on the wallet, which is why Victoria Edelman, from Randolph, NJ, wrote to us begging for the recipe. Pinkberry reps said they'd never divulge their secrets, so Food Network Kitchens designed this addictive counterfeit.



ALMOST-FAMOUS FROZEN YOGURT

ACTIVE: 10 min | TOTAL: 35 min (or more, depending on your ice cream maker) | MAKES: 1 quart

- 2 cups plain whole-milk yogurt
- 2 cups plain nonfat or reduced-fat Greek yogurt
- ½ cup superfine sugar
- 3 tablespoons light corn syrup
- Fresh fruit or other toppings, for garnish

For better flavor and texture, use organic yogurt. Make sure it's extra cold for faster churning.

1. Whisk both yogurts, the sugar and corn syrup in a bowl until combined. Pour into an ice cream maker and freeze according to the manufacturer's instructions.
2. For a soft consistency, serve right out of the ice cream maker. For a firmer texture, transfer the frozen yogurt to a covered container and freeze for up to 2 hours. Serve with assorted toppings.



Pinkberry

FOOD PHOTO: KANA OKADA; FOOD STYLING: JEE LEVIN; PROP STYLING: PHILIPPA BRATHWAITE FOLDER, STATIONERY, POLAROID AND CLIPS: ISTOCKPHOTO.

army wives



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challenge



Out of the Box

Three chefs from Food Network Kitchens get creative with an old back-of-the-pantry favorite: **instant potatoes.**

ASHLEY'S BASIL GNOCCHI

ACTIVE: 45 min | TOTAL: 45 min | SERVES: 4

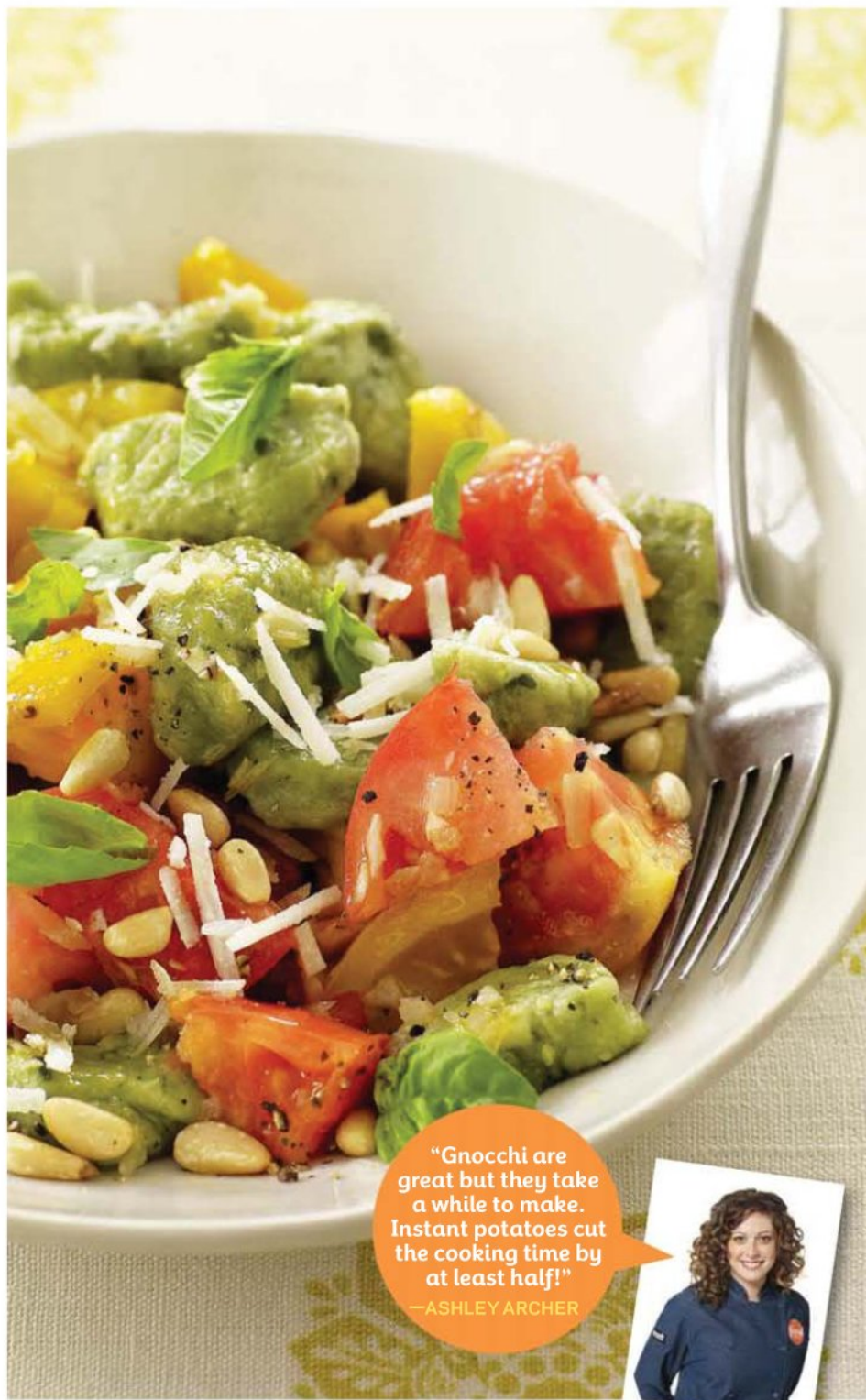
FOR THE GNOCCHI

- 1½ cups instant mashed potatoes
- 1 cup packed fresh basil, plus more for garnish
- 1 large egg, beaten
- ¼ cup grated pecorino cheese, plus more for garnish
- Kosher salt
- 1 cup all-purpose flour, plus more for dusting

FOR THE SAUCE

- ¼ cup extra-virgin olive oil
- ¼ cup pine nuts
- Kosher salt
- 3 shallots, diced
- 3 cloves garlic, minced
- ¼ cup dry white wine
- 2 pounds heirloom tomatoes, cut into pieces
- Freshly ground pepper

1. Make the gnocchi: Mix the instant potatoes with 1 cup hot water in a bowl using a fork; set aside until the potatoes absorb the liquid, 3 minutes. Meanwhile, puree the basil and ¼ cup cold water in a blender until smooth. Stir the basil puree, egg, pecorino and 1 tablespoon salt into the potato mixture.
2. Mound ¾ cup flour on a surface; add the potato mixture and knead together until smooth, gradually adding the remaining ¼ cup flour. Divide the dough into 3 portions; roll each into a 1-inch-diameter log (dust with flour, if needed). Cut each log into ½-inch pieces; place on a parchment-lined baking sheet and refrigerate while making the sauce (or freeze up to 1 month).
3. Make the sauce: Heat the olive oil in a large skillet over medium-high heat. Add the pine nuts; fry until toasted, swirling the pan. Transfer the nuts with a slotted spoon to paper towels and season with salt. Add the shallots and garlic to the pan and cook until soft, 3 minutes. Add the wine and bring to a boil. Add the tomatoes, season with salt and pepper and toss; cook until the tomatoes are just soft, 2 more minutes.
4. Cook the gnocchi in a large pot of salted boiling water until tender, about 1 minute after they float to the surface. Drain and toss with the sauce. Top with the toasted pine nuts and more basil and pecorino.



"Gnocchi are great but they take a while to make. Instant potatoes cut the cooking time by at least half!"

—ASHLEY ARCHER



FOOD PHOTOS: TINA RUPP; FOOD STYLING: CYD RAFTUS MCDOWELL; PROP STYLING: DEBORAH WILLIAMS; POTATO BUDS: MARKO METZINGER/STUDIO D; ARCHER AND GRANQUIST: BEN GOLDSTEIN/STUDIO D; BROOKS: KARL JUENGEL/STUDIO D; HAIR AND MAKEUP: JENNIFER WOBITO (3).

JAY'S POTATO-CRUSTED FISH WITH MANGO SALSA

ACTIVE: 25 min | TOTAL: 25 min | SERVES: 4

FOR THE SALSA

- 1 ripe mango, diced
- 1 jalapeño pepper, seeded and minced
- 1 small red onion, chopped
- Juice of 1 lime
- 2 tablespoons chopped fresh cilantro, plus more for garnish
- Kosher salt
- 2 tablespoons extra-virgin olive oil

FOR THE FISH

- 1 cup instant mashed potatoes
- Finely grated zest of 1 lime
- 1 teaspoon cayenne pepper
- Kosher salt and freshly ground black pepper
- 2 large eggs
- 1 cup all-purpose flour
- 4 6-ounce skinless striped bass fillets
- Vegetable oil, for frying

1. Make the salsa: Mix the mango, jalapeño, onion, lime juice, cilantro and 1 teaspoon salt in a bowl; fold in the olive oil.
2. Prepare the fish: Mix the instant potatoes, lime zest, cayenne, 2 teaspoons salt and $\frac{1}{2}$ teaspoon black pepper in a shallow dish. Beat the eggs in another dish. Season the flour with salt and black pepper in a third dish. Dredge each fish fillet in the seasoned flour, dip in the eggs, then coat completely with the potato mixture.
3. Place a large nonstick skillet over medium-high heat. Add about $\frac{1}{2}$ inch of vegetable oil. When the oil is hot, place the fish curved-side down in the pan; cook until golden brown and crisp, 3 to 4 minutes. Turn and cook until golden on the other side, about 3 more minutes. Top with the salsa and more cilantro.



"I love all kinds of potatoes and I love fried food, so I just joined the two together."

—JAY BROOKS



"These little fried bites were inspired by the toast with butter and cinnamon-sugar that my mom used to make."

—CHARLIE GRANQUIST



CHARLIE'S CINNAMON DOUGHNUT HOLES

ACTIVE: 30 min | TOTAL: 1 hr 40 min | MAKES: about 30 doughnuts

- 4 tablespoons unsalted butter
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ cup all-purpose flour
- $\frac{1}{2}$ cup instant mashed potatoes
- $1\frac{1}{2}$ cups sugar
- $\frac{1}{2}$ teaspoon salt
- 3 large eggs plus 1 egg white
- 2 tablespoons ground cinnamon
- Vegetable oil, for frying

1. Combine $\frac{1}{2}$ cup water, the butter and vanilla in a medium saucepan; bring to a simmer, stirring to melt the butter. Remove from the heat and stir in the flour, instant potatoes, $\frac{1}{2}$ cup sugar and the salt. Return to medium heat and stir until the dough is tight and doesn't stick to the sides of the pan, about 2 minutes. Transfer the dough to a stand mixer or a medium bowl; cool for about 10 minutes.
2. Beat the dough with the paddle attachment on medium-high or with a wooden spoon; add the eggs and egg white one at a time, beating until each egg is fully incorporated before adding the next. Once the eggs are mixed in, beat until smooth and glossy, about 1 minute. Set aside for 1 hour.
3. Combine the remaining 1 cup sugar and the cinnamon in a shallow dish. Place a tall heavy-bottomed pot over medium heat and fill it about one-third of the way with oil; heat until a deep-fry thermometer registers 340° . With a small ice cream scoop or spoon, drop heaping teaspoonfuls of dough into the oil (in batches). Fry, turning once, until golden brown, about 6 minutes. Transfer the doughnuts with a slotted spoon to the cinnamon-sugar mixture and roll to coat. Serve warm.

Lighten Up

Lauren Kempees from Gresham, OR, wrote to us asking for a **slimmer spring roll**. Food Network Kitchens got right on it.

BAKED SPRING ROLLS

ACTIVE: 35 min | TOTAL: 1 hr | MAKES: 14 spring rolls

FOR THE SPRING ROLLS

- 1 2-ounce piece deli ham, finely diced
- 4 teaspoons vegetable oil, plus more for brushing
- 1 tablespoon chopped peeled ginger
- 2 cloves garlic, chopped
- 4 scallions, chopped
- 1½ cups finely shredded green cabbage
- 1 medium carrot, shredded
- 1 pound lump crabmeat, picked over
- ¾ cup chopped fresh cilantro
- 1 teaspoon Asian chili-garlic paste
- 1½ teaspoons toasted sesame oil
- 1 tablespoon soy sauce
- 1 tablespoon rice vinegar
- 14 square spring roll wrappers
- 1 large egg white

FOR THE SAUCE

- 2 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 1 tablespoon mirin (sweet rice wine)
- 1 teaspoon chopped peeled ginger
- 1 scallion, finely chopped

1. Preheat the oven to 425°. Make the spring rolls: Cook the ham in 2 teaspoons vegetable oil in a small nonstick skillet over medium heat until crisp, 2 to 4 minutes. Add the ginger, garlic and scallions; cook until fragrant, about 1 more minute.

2. Toss the cabbage and carrot with the hot ham mixture in a large bowl. Add the crab, cilantro, chili-garlic paste, 1 teaspoon sesame oil, the soy sauce and vinegar; toss.

3. Wrap the spring rolls (see right). Pierce each roll with a skewer in a few places to prevent bursting.

4. Place a rack in a baking dish and brush with vegetable oil. Mix the remaining 2 teaspoons vegetable oil and ½ teaspoon sesame oil; lightly brush on rolls. Place the rolls on the rack; bake until golden on top, about 15 minutes. Turn the rolls; bake until golden and crisp, 8 to 10 more minutes.

5. Meanwhile, mix all the sauce ingredients in a small bowl. Serve with the warm spring rolls.

Per roll: **Calories** 85; **Fat** 2 g (**Saturated** 0 g); **Cholesterol** 27 mg; **Sodium** 210 mg; **Carbohydrate** 10 g; **Fiber** 0 g; **Protein** 9 g



The average deep-fried spring roll has 9 g fat, but our baked crab-filled one has just 2 g!

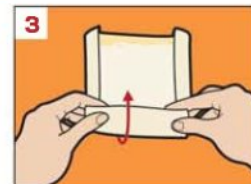
How to Wrap a Spring Roll



1 Mound ⅓ cup filling in the lower third of each wrapper, leaving a 1½-inch border on the left and right.



2 Beat the egg white with 1 tablespoon water; brush onto the wrapper edges, then fold in the two sides slightly.



3 Starting from the bottom, roll up the wrapper to enclose the filling; gently press along the edge to seal.

Just for the taste of it™

Some things always go well together. Like Diet Coke and a great meal.

Perfect Pairing for Lunch GRILLED STEAK SALAD WITH HORSE RADISH DRESSING

Serves: 6 Preparation time: 30 minutes

The minimal time required to prepare this flank steak allows time for the assembly of a salad packed with hearty flavors that is both easy to prepare and beautiful to present.

- 1½ pounds flank steak
 - 1 teaspoon salt, or to taste
 - ½ teaspoon freshly ground black pepper, or to taste
 - ¼ cup sour cream
 - ½ cup mayonnaise
 - 1 to 2 tablespoons prepared horseradish
 - 1 tablespoon lemon juice
 - ¾ cup blue cheese, crumbled
 - 6 cups romaine lettuce, washed and drained, cut into bite-size pieces
 - 1 teaspoon lemon zest
 - ¾ pint cherry tomatoes, sliced lengthwise
 - ½ cup red onion, thinly sliced
1. Season the beef generously with salt and black pepper. Grill the steak to desired doneness, about 3 to 4 minutes per side for medium-rare.
 2. Meanwhile, in a small bowl, mix together the sour cream, mayonnaise, horseradish, lemon juice and ½ teaspoon pepper using a handheld wire whisk. Season the dressing with salt and pepper, if necessary, and reserve.
 3. In a large bowl, toss together the lettuce, lemon zest, tomatoes, half the cheese, and the dressing. Divide the mixture among 6 individual plates.
 4. Cut the steak across the grain into thin, slanting slices.
 5. Place the sliced steak around the salad and top with the onion slices and remaining cheese.



Perfect Pairing for Dinner VEGETABLE FAJITAS

Serves: 8

Cutting this colorful mixture of vegetables into thin strips is the key to the quick cooking time and makes the vegetables an easy snack or light meal. Canned pinto beans, rinsed and drained, take the lengthy preparation element out of preparing the dried variety.

- 3 tablespoons olive oil
- 1½ cups red onion, cut into thin strips
- 1 tablespoon garlic, minced
- 1 pound red pepper, cut into thin strips
- 1 pound green pepper, cut into thin strips
- 1 pound yellow pepper, cut into thin strips
- 1 pound napa cabbage, chiffonade
- 1 15 oz. canned pinto beans, rinsed, drained
- 3 tablespoons red chili sauce
- 16 flour tortillas, 12-inch diameter
- 2½ cups grated cheddar cheese
- 1 tablespoon cilantro, chopped

1. Heat 2 tablespoons of the oil in a large sauté pan. Add the onions and garlic. Sweat until the onions are translucent, about 5 to 7 minutes.
2. Add the peppers and sauté for 5 minutes or just until they begin to soften. Add the cabbage and cook for another 5 minutes, or until tender.
3. Stir in the beans and chili sauce. Heat just until warmed.
4. Cover the tortillas with a damp towel and warm in a 250° oven before serving.
5. To assemble, wrap approximately ½ cup of the hot vegetable mixture with a few tablespoons of the grated cheese in a warmed tortilla. The traditional manner of serving fajitas is to bring the tortillas, filling and garnishes to the table, to be assembled by each individual.



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Can you **put a blender to new use?**
Food Network Kitchens' Sarah Copeland
whips up some surprising desserts.

challenge



"There's no
space in my
kitchen for
single-use
gadgets. My
blender has to
earn its keep!"

—Sarah Copeland

MINI OLIVE OIL CAKES WITH LEMON GLAZE

ACTIVE: 20 min | TOTAL: 50 min

MAKES: 6 small or 12 mini cakes

FOR THE CAKES

- 1 tablespoon unsalted butter, melted
- 1 cup all-purpose flour, plus more for dusting
- 1½ cups granulated sugar
- 2 tablespoons grated lemon zest (from 2 lemons)
- 2 large eggs
- ¼ cup extra-virgin olive oil
- ¾ cup whole milk
- ½ teaspoon baking powder
- ½ teaspoon salt
- 1 teaspoon finely minced fresh thyme, plus sprigs for garnish

FOR THE GLAZE

- 1½ cups confectioners' sugar
- 2½ to 3 tablespoons lemon juice (from 1 to 2 lemons)
- 2 tablespoons unsalted butter, melted

1. Position a rack in the middle of the oven; preheat to 350°. Prepare the cakes: Brush a 6- or 12-cup mini Bundt or muffin pan with the melted butter. Lightly dust with flour and shake out the excess.
2. Pulse the granulated sugar and lemon zest in a blender until combined. Add the eggs one at a time, then gradually pour in the olive oil and milk, pulsing until emulsified into a thin batter, about 30 seconds. Don't overblend or the cakes will be too puffy.
3. Whisk 1 cup flour, the baking powder, salt and 1 teaspoon thyme in a small bowl. Add to the blender in 2 batches, pulsing lightly until just combined; stop to scrape down the sides of the blender as needed. Pour the batter into the prepared pan. Bake until the cakes just begin to pull away from the sides of the pan and spring back when lightly touched, 28 to 30 minutes for a 6-cup Bundt pan and 22 to 25 minutes for a 12-cup Bundt or muffin pan. Cool in the pan for 10 minutes, then loosen the sides with a small knife and invert the cakes onto a rack.
4. Meanwhile, prepare the glaze: Whisk the confectioners' sugar, lemon juice and butter until smooth, adding more lemon juice if the mixture is too thick. Drizzle over the warm cakes and garnish with thyme sprigs.



"A blender is great for emulsifying oil with other ingredients, like the eggs and milk in this recipe," Sarah says.

SWEDISH PANCAKES

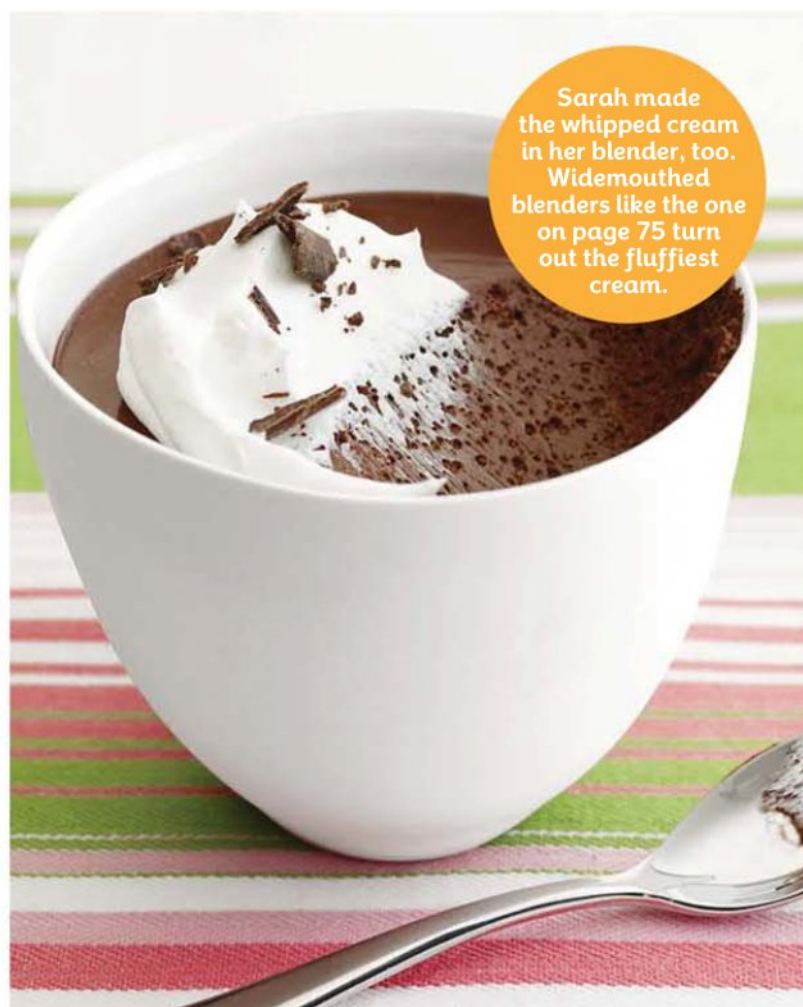
ACTIVE: 25 min | TOTAL: 25 min

MAKES: about 12 pancakes

- 8 tablespoons unsalted butter
- 1 cup all-purpose flour
- 1¾ cups whole milk
- 3 large eggs
- ½ teaspoon vanilla extract
- ¼ teaspoon salt
- Confectioners' sugar, maple syrup and fresh fruit, for garnish

1. Melt 4 tablespoons butter in a 10-inch nonstick skillet. Combine the flour, milk, eggs, melted butter, vanilla and salt in a blender; process until smooth.

2. Preheat the oven to 200°. Warm the same skillet over medium heat until a drop of water bounces and sizzles. Add 1 teaspoon butter; turn to coat the pan with the melted butter. Pour in a scant ⅓ cup batter and quickly swirl the pan to evenly coat the bottom. Cook until the pancake sets, 1 to 1½ minutes. Using a rubber spatula, carefully lift the pancake by the edges and flip; cook until lightly golden on the other side, 15 to 30 seconds. Transfer to a plate; keep warm in the oven while making the others. Repeat with the remaining butter and batter to make about 12 pancakes. If the pancakes seem too thick, thin the batter slightly with warm water. Fold or roll and serve with confectioners' sugar, syrup and fresh fruit.



Sarah made the whipped cream in her blender, too. Widemouthed blenders like the one on page 75 turn out the fluffiest cream.

CHOCOLATE POTS DE CRÈME

ACTIVE: 15 min | TOTAL: 2 hr 15 min

MAKES: 6 to 8 desserts

- 9 ounces high-quality semisweet chocolate, chopped
- 1½ cups whole milk
- 1½ cups heavy cream
- 6 large egg yolks
- 5 tablespoons granulated sugar (add an extra tablespoon if using bitter chocolate)
- ¼ teaspoon salt
- 1 tablespoon confectioners' sugar

1. Place the chocolate in a blender. Whisk the milk, 1 cup cream, egg yolks, granulated sugar and salt in a heavy-bottomed medium saucepan over medium heat. Cook, stirring constantly with a heatproof spatula, until the mixture is thick enough to coat the spatula and almost boiling, 5 to 6 minutes.

2. Immediately pour the milk mixture over the chocolate in the blender. Cover and hold the lid with a thick kitchen towel; blend until combined and smooth, stopping to scrape down the sides of the blender as needed. Divide the chocolate mixture among ramekins or small cups and refrigerate until set, about 2 hours.

3. Whip the remaining ½ cup cream and the confectioners' sugar with a mixer or in the blender until soft peaks form. Top the chilled pots de crème with whipped cream.

Side dish to full meal
in 3 easy steps.



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RECIPE:

Grilled Chicken & Veggies Over Rice

Makes 4 Servings

Preparation Time:
15 minutes

Cook Time:
30 minutes

WHAT YOU NEED:

- 2 tbsp margarine, melted
- 4 tsp Italian seasoning
- 2 ½ lbs chicken parts
- 2 zucchini and/or yellow squash, sliced
- 1 medium red bell pepper, seeded and quartered
- 1 medium onion, cut into ½ inch thick slices
- 1 pkg Knorr® Rice Sides – Cheddar Broccoli

HOW TO MAKE IT:

STEP 1

Blend margarine with Italian seasoning; brush on chicken and vegetables.

STEP 2

Grill or broil chicken and vegetables until chicken is thoroughly cooked.

STEP 3

Serve chicken and vegetables with hot Cheddar Broccoli Rice.

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You're foiled

No need for pots and pans—these foil-wrapped treats go right on the grill.

PHOTOGRAPHS BY KANG KIM



HOW TO MAKE A FOIL PACK

1. Lay out a large sheet of heavy-duty aluminum foil, shiny-side up, on a surface and place the ingredients in the center.
2. Pull the sides and ends of the foil up; fold and crimp to seal into a pouch (above), leaving room for steam.
3. Place the packet on the grill or over campfire coals to cook. Serve right out of the foil (watch out for steam when opening).

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seven great recipes. ➔



CARAMELIZED ENDIVES AND LEEKS

Trim 2 **leeks**, leaving enough of the core to hold them together; halve lengthwise and rinse well. Halve 4 **endives**. Whisk $\frac{1}{4}$ cup **olive oil** with 1 tablespoon **red wine vinegar**, **salt** and **pepper**; toss with the leeks and endives. Place the vegetables on a sheet of foil; drizzle with any extra dressing. Fold up the packet and grill over medium-high heat until the endives are slightly golden and the leeks are tender, 10 to 12 minutes. Top with crumbled **blue cheese**.

Foil packs work best with vegetables, fruit and fish. Leave the packs on the grill without moving them and you'll get grill marks right through the foil!

CITRUS TROUT ALMONDINE

Drizzle 2 sheets of foil with **olive oil**; sprinkle each with $\frac{1}{4}$ cup sliced **almonds** and $\frac{3}{4}$ teaspoon crushed **coriander seeds**. Brush four 6-ounce **trout fillets** with more olive oil; season with **salt** and **pepper**. Place each fillet, skin-side down, on top of the nuts. Top with a few **orange slices** (leave the peel on), then add another fillet, skin-side up, to form a trout sandwich. Sprinkle with more almonds and coriander seeds. Fold up the foil sheets and grill over high heat until the fish is just cooked through and the almonds are toasted, 8 to 10 minutes. Carefully loosen the almond crust from the bottom of the foil with a spatula; slice in half to serve.





SCALLION SWEET POTATOES

Combine 1½ pounds chopped peeled **sweet potatoes**, 1 bunch **scallions** (cut into 2-inch pieces), 6 crushed **garlic cloves** and 1 tablespoon fresh **thyme** in a bowl. Drizzle with ¼ cup **olive oil**, season with **salt** and **pepper** and toss. Place on a sheet of foil and fold up. Grill over low heat until the potatoes are tender, 20 to 25 minutes.



SPICY STEAMED MUSSELS

Place 4 **oregano sprigs**, 4 **cilantro sprigs** and 1 halved **jalapeño** on a sheet of foil; top with 1 pound cleaned **mussels**. Scatter 4 tablespoons cut-up **butter** and 3 sliced **garlic cloves** over the mussels and drizzle with the juice of 2 **limes** (add the squeezed limes to the pack as well). Fold up the foil, leaving room for the mussels to open. Grill over high heat until the mussels open, 4 to 5 minutes.

GLAZED PINEAPPLE

Mix 4 tablespoons melted **butter**, $\frac{1}{4}$ cup **light brown sugar**, $\frac{1}{4}$ teaspoon each **curry powder**, **cinnamon** and **vanilla extract**, a pinch of **salt** and a splash of **dark rum** in a bowl. Slice a **pineapple** in half lengthwise (keeping the top attached), then cut each half into 3 long wedges; cut out the core. Place 2 wedges on a sheet of foil; brush with the spiced butter and fold up. Repeat to make 2 more packets; grill over medium heat until the pineapple is soft and golden on the bottom, 15 to 20 minutes.



GRILLED BANANA SPLITS

Cut a small piece off the curved side of 4 unpeeled **bananas** so they'll sit level, then make a deep slit down the center of each through the peel; place on separate sheets of foil. Open the slits and brush the inside of each banana with melted **butter**, then sprinkle with **sugar** and 1 ounce chopped **semisweet chocolate**; fold up the foil. Grill the packets over high heat until the chocolate melts, 6 to 8 minutes (don't worry if the peel turns brown). Open the peels and top the bananas with **ice cream**, **whipped cream**, **sprinkles** and a **cherry**.



HOT PLUMS AND BERRIES

Mix 4 tablespoons melted **butter**, 2 tablespoons sliced **crystallized ginger** and 3 tablespoons **sugar** in a large bowl; toss with 3 or 4 halved and pitted **plums**. Place the fruit, cut-side up, on a sheet of foil; scatter 1 cup **raspberries** and/or **blackberries** on top. Fold up the packet and grill over medium-high heat until the plums are tender and the berries are juicy, 15 to 20 minutes. Serve with **ice cream** or **yogurt**.



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Whole Grain Thin Spaghetti Caprese

SERVES: 4 to 6

- 1 garlic clove
- Kosher salt and freshly ground black pepper
- 1/4 teaspoon red pepper flakes
- 1/3 cup extra-virgin olive oil
- 2 pounds heirloom tomatoes, assorted colors and sizes
- 12 ounces fresh mozzarella, diced
- 1/2 cup chopped fresh basil leaves
- 1/4 cup chopped fresh mint leaves
- 1 13.5-ounce package whole grain thin spaghetti

1. Crush and chop the garlic with 2 teaspoons salt and the pepper flakes. Cut the tomatoes into 1- to 2-inch pieces. If small, simply halve or quarter. Toss the tomatoes with the seasoned garlic, mozzarella and herbs. (This can be prepared up to 2 hours ahead.)
2. Cook pasta according to the package directions. Drain and toss with the tomato mixture. Serve warm or at room temperature.

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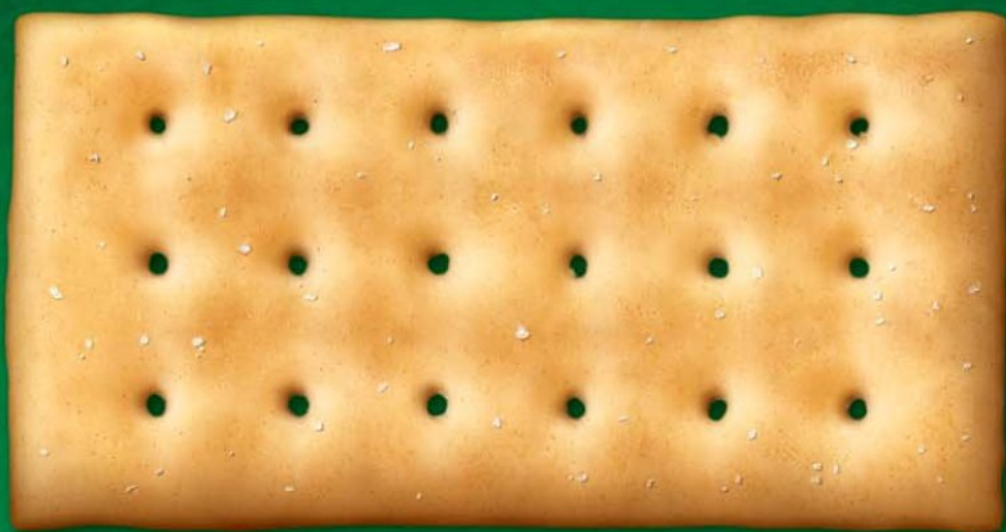
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Make this
restaurant-style
cheese-stuffed
burger for a steal!
See page 94.



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SERVING

Use a
peeler to make
thin slices
of carrot and
zucchini.

SKILLET LASAGNA

ACTIVE: 20 min | TOTAL: 40 min | SERVES: 4

- | | |
|---|---|
| ¼ cup extra-virgin olive oil,
plus more for drizzling | 1 large egg |
| 4 cloves garlic, sliced | 2 tablespoons grated
parmesan cheese, plus
more for garnish |
| 1½ pounds ripe tomatoes, diced | 6 sheets no-bake lasagna
noodles |
| 4 tablespoons chopped fresh
basil and/or parsley, plus
more for garnish | 1 carrot, peeled into ribbons |
| Kosher salt and freshly ground
pepper | 1 zucchini, peeled into ribbons |
| 1 cup ricotta cheese | 3½ cups baby spinach |
| | ½ pound mozzarella cheese,
thinly sliced |

1. Heat the ¼ cup olive oil in a large skillet over medium-high heat. Add the garlic; cook until golden, 1 minute. Add the tomatoes, 1 tablespoon herbs, ½ teaspoon salt, and pepper to taste; cook until saucy, about 5 minutes. Transfer to a blender and puree. Return 1 cup of the sauce to the skillet and reduce the heat to low; reserve the remaining sauce.

2. Meanwhile, mix the ricotta, egg, parmesan, the remaining 3 tablespoons herbs, ½ teaspoon salt, and pepper to taste in a bowl.

3. Place 2 lasagna noodles over the sauce in the skillet. Layer half of the carrot and zucchini on top; drizzle with olive oil and season with salt and pepper. Cover with half of the spinach, half of the ricotta mixture, a few pieces of mozzarella and 2 to 3 tablespoons of the reserved tomato sauce. Repeat the layers, ending with noodles. Top with the remaining sauce and mozzarella. Cover and simmer until the lasagna is cooked and the cheese melts, 20 to 25 minutes.

4. Let rest for a few minutes before slicing. Garnish with more parmesan and fresh herbs.

Per serving: **Calories** 564; **Fat** 35 g (**Saturated** 14 g); **Cholesterol** 108 mg; **Sodium** 924 mg; **Carbohydrate** 38 g; **Fiber** 4 g; **Protein** 24 g



\$2.97
PER
SERVING

CHICKEN AND EGG SOUP WITH PASTINA

ACTIVE: 20 min | TOTAL: 35 min | SERVES: 4

- | |
|--|
| ¼ cup extra-virgin olive oil |
| 1 small onion, finely chopped |
| Kosher salt and freshly ground pepper |
| ½ 2½-to-3-pound rotisserie chicken (on the bone) |
| 2 cups low-sodium chicken broth |
| 2 lemons |
| ½ cup pastina (small pasta) |
| 2 large eggs plus 2 egg yolks |
| 2 cups baby spinach or other baby greens |
| ¼ cup chopped fresh dill |
| Crumbled feta cheese, for garnish (optional) |

1. Heat the ¼ cup olive oil in a large pot over high heat. Add the onion, 1 teaspoon salt, and pepper to taste; cook until slightly softened, about 5 minutes. Add the chicken, the broth, 4 cups water and the juice of 1 lemon; cover and bring to a boil. Reduce the heat to medium, add the pastina and simmer until the pasta is cooked and the soup thickens slightly, about 15 minutes. Remove the chicken; when cool enough to handle, pull the meat off the bone and shred into bite-size pieces.

2. Remove the soup from the heat. Whisk the juice of the remaining lemon with the whole eggs and yolks in a medium bowl until frothy. Gradually whisk a ladleful of the hot soup into the egg mixture, then stir the warm egg mixture into the soup and return to medium-low heat. Cook until creamy, about 1 minute. Stir in the shredded chicken, spinach and dill, and season with salt and pepper. Ladle the soup into bowls; garnish with feta, if desired.

Per serving: **Calories** 425; **Fat** 27 g (**Saturated** 6 g); **Cholesterol** 277 mg; **Sodium** 858 mg; **Carbohydrate** 18 g; **Fiber** 1 g; **Protein** 27 g

\$2.21
PER
SERVING



BACON-TOMATO CHEESE TOASTS

ACTIVE: 20 min | TOTAL: 40 min | SERVES: 4

- 2 ripe tomatoes
- Kosher salt
- 8 strips bacon
- 4 slices Texas toast or other thick sandwich bread
- $\frac{3}{4}$ cup grated cheddar cheese
- $\frac{3}{4}$ cup grated part-skim mozzarella cheese
- $\frac{3}{4}$ cup mayonnaise
- 5 scallions, finely chopped
- $\frac{1}{4}$ cup chopped fresh parsley
- $\frac{1}{2}$ small zucchini, very thinly sliced
- Freshly ground pepper

1. Preheat the oven to 400°. Core the tomatoes and thinly slice. Place in a colander in the sink and sprinkle with $\frac{1}{2}$ teaspoon salt; let drain for at least 15 minutes.

2. Meanwhile, cook the bacon in a large skillet over medium heat until crisp, about 10 minutes; transfer to a paper-towel-lined plate. Pour off and reserve the drippings, leaving 1 tablespoon in the skillet; toast the bread on one side in the drippings until golden (do this in batches, adding more drippings as needed). Place the bread, toasted-side down, on a baking sheet.

3. Combine the cheeses with the mayonnaise, scallions and parsley in a bowl. Spread the cheese mixture on the toasts, reserving about $\frac{1}{3}$ cup. Crumble the bacon on top. Shake any excess liquid from the tomatoes; distribute the zucchini and tomatoes among the toasts. Dot with the reserved cheese mixture and season with pepper. Bake until golden brown, 15 to 20 minutes. Serve warm.

Per serving: **Calories** 680; **Fat** 55 g (**Saturated** 15 g); **Cholesterol** 65 mg; **Sodium** 1,181 mg; **Carbohydrate** 28 g; **Fiber** 2 g; **Protein** 19 g

\$2.87
PER
SERVING



BEEF KEFTA WITH MELON SLAW

ACTIVE: 40 min | TOTAL: 40 min | SERVES: 4

- $\frac{1}{2}$ cup lightly packed whole-wheat sourdough bread cubes
- $\frac{1}{4}$ cup walnuts
- 2 medium red onions; 1 grated, 1 halved and thinly sliced
- $1\frac{1}{2}$ teaspoons paprika
- $\frac{1}{2}$ teaspoon ground cinnamon
- $1\frac{1}{2}$ teaspoons dried mint
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{4}$ teaspoon cayenne pepper
- Kosher salt and freshly ground black pepper
- 2 tablespoons chopped fresh dill
- $\frac{1}{2}$ cup fresh parsley
- $1\frac{1}{2}$ pounds ground beef chuck
- $\frac{1}{2}$ firm ripe cantaloupe, cut into matchsticks
- 1 tablespoon lemon juice
- Extra-virgin olive oil, for brushing

Kefta, spiced meatballs or patties, are popular Middle Eastern street food.

1. Soak the bread in water for 10 minutes; squeeze dry and pulse in a food processor with the walnuts, grated onion, 1 teaspoon paprika, cinnamon, mint, cumin, cayenne, $1\frac{1}{2}$ teaspoons salt and $\frac{1}{2}$ teaspoon black pepper. Add 1 tablespoon dill and the parsley; pulse until smooth.

2. Knead the spice paste and beef in a bowl. Form into 8 egg-shaped pieces, then flatten into $\frac{1}{2}$ -inch-thick oval patties. Refrigerate for 10 minutes. Meanwhile, soak the sliced red onion in ice water; drain.

3. Toss the cantaloupe, lemon juice, 1 teaspoon salt, onion slices and the remaining 1 tablespoon dill and $\frac{1}{2}$ teaspoon paprika in a bowl.

4. Preheat the grill to medium-high. Brush the patties with olive oil. Grill about 5 minutes; flip and continue grilling until cooked through but still moist, 4 more minutes. Serve with the melon slaw.

Per serving: **Calories** 416; **Fat** 24 g (**Saturated** 8 g); **Cholesterol** 104 mg; **Sodium** 1,336 mg; **Carbohydrate** 17 g; **Fiber** 3 g; **Protein** 33 g

\$2.83
PER
SERVING



FRIED-CATFISH ROLLS

ACTIVE: 25 min | TOTAL: 25 min | SERVES: 4

Vegetable oil, for frying

- 1 to 2 jalapeño or serrano peppers, diced (remove seeds for less heat)
- 2 scallions, roughly chopped
- ½ cup mayonnaise
- 1 to 2 tablespoons pickling liquid, plus sliced pickles for garnish
- Kosher salt and freshly ground pepper
- ½ cup instant flour (such as Wondra)
- 1 pound catfish fillets, cut into ½-inch chunks
- 1 12-count package miniature potato buns (do not separate)
- 2 tablespoons unsalted butter, melted
- 1 large ripe tomato, thinly sliced
- 1 stalk celery, thinly sliced

1. Heat about 2 inches of oil in a heavy-bottomed pot over medium heat until a deep-fry thermometer registers 350°.

2. Combine the jalapeño, scallions, mayonnaise and pickling liquid in a blender; puree until almost smooth. Season with salt and pepper.

3. Place the flour in a bowl and season with salt and pepper. Dredge the catfish in the flour; shake off any excess in a strainer. Working in batches, fry the fish until lightly golden and just cooked through, about 1 minute. Remove from the oil with a slotted spoon and drain on a paper-towel-lined plate; let cool. Preheat the broiler.

4. While the fish cools, divide the buns into four 3-roll rows (they'll look like hot dog buns). Split open down the center; brush the tops and insides with the melted butter; broil until golden, 1 to 2 minutes.

5. Toss the fried catfish with the spiced mayonnaise; divide among the buns. Garnish with tomato, pickles and celery.

Per serving: Calories 781; Fat 53 g (Saturated 11 g); Cholesterol 78 mg; Sodium 675 mg; Carbohydrate 51 g; Fiber 3 g; Protein 26 g

\$2.85
PER
SERVING



FRUIT AND GORGONZOLA SALAD WITH PROSCIUTTO

ACTIVE: 15 min | TOTAL: 15 min | SERVES: 4

- 3 ounces thinly sliced prosciutto
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons sherry vinegar
- 1 teaspoon dijon mustard
- Kosher salt and freshly ground pepper
- 2 peaches, pitted and sliced ½-inch thick
- 2 plums, pitted and sliced ½-inch thick
- ¼ cup thinly sliced red onion
- 8 cups torn mixed salad greens
- 2 to 3 ounces crumbled gorgonzola (or other blue cheese)
- 4 slices Italian bread, toasted or grilled

Fried prosciutto is great in salads and soups and makes a delicious BLT.

1. Cut or tear the prosciutto into bite-size pieces. Place a large skillet over medium-high heat; add 1 tablespoon olive oil. Add the prosciutto in a single layer (you may need to do this in two batches); cook, turning occasionally, until crisp, about 1 minute per side. Drain on a paper-towel-lined plate.

2. Add the remaining 2 tablespoons olive oil to the skillet over medium-high heat. Whisk the vinegar, mustard, ½ teaspoon salt, and pepper to taste into the oil to make a smooth dressing. Add the peaches, plums and red onion to the skillet; toss to coat and wilt the onion slightly. Transfer the mixture to a large serving bowl.

3. Add the greens and half of the gorgonzola to the bowl; toss to coat with the dressing. Divide the salad among plates; top with the crisp prosciutto and the remaining gorgonzola. Serve with the bread.

Per serving: Calories 304; Fat 18 g (Saturated 5 g); Cholesterol 29 mg; Sodium 1,193 mg; Carbohydrate 26 g; Fiber 5 g; Protein 13 g

HOISIN CHICKEN WITH CUCUMBER SALAD

ACTIVE: 25 min | TOTAL: 35 min | SERVES: 4

FOR THE CHICKEN

- $\frac{3}{4}$ cup hoisin sauce
- 3 scallions, coarsely chopped
- 5 cloves garlic
- 1 2-inch piece fresh ginger, sliced
- 1 jalapeño pepper, stemmed and halved (remove seeds for less heat)
- Zest and juice of 2 limes, plus lime wedges for garnish
- 2 tablespoons rice vinegar
- Kosher salt and freshly ground pepper
- 2 pounds skin-on chicken thighs and drumsticks (separate pieces)

FOR THE SALAD

- $\frac{1}{2}$ cup rice vinegar
- 2 tablespoons sugar
- Kosher salt
- 1 seedless cucumber, thinly sliced
- $\frac{1}{2}$ red onion, thinly sliced

- 1.** Prepare the chicken: Preheat a grill to medium on one side. Combine the hoisin sauce, scallions, garlic, ginger, jalapeño, lime zest and juice, vinegar, and salt and pepper to taste in a mini food processor or blender; process until almost smooth. Season the chicken with salt; toss with the hoisin mixture in a large bowl.
- 2.** Make the salad: Bring the vinegar, sugar and $1\frac{1}{2}$ teaspoons salt to a boil in a small saucepan, stirring. Remove from the heat; stir in $\frac{1}{4}$ cup ice cubes until melted. Toss the cucumber and red onion in a serving bowl with the vinegar mixture; place in the refrigerator.
- 3.** Grill the chicken over direct heat until the skin is crisp, 5 minutes per side, basting with extra marinade. Transfer to the cooler side of the grill; cover and grill until cooked through, 10 to 15 more minutes. Serve with the cucumber salad and lime wedges.

Per serving: Calories 375; Fat 16 g (Saturated 4 g); Cholesterol 107 mg; Sodium 1,906 mg; Carbohydrate 30 g; Fiber 1 g; Protein 32 g



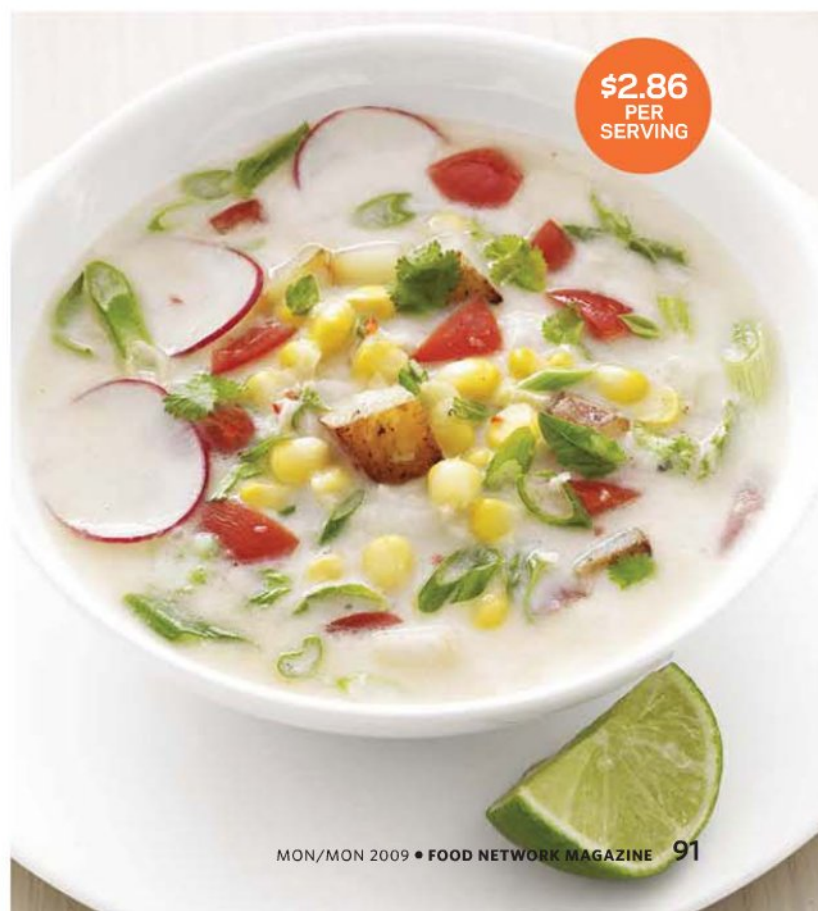
THAI CORN CHOWDER

ACTIVE: 30 min | TOTAL: 40 min | SERVES: 4

- | | |
|---|---|
| 4 ears corn | 1 red jalapeño pepper, seeded and minced |
| 2 cups diced red-skinned potatoes (about 12 ounces) | 1 13.5-ounce can coconut milk |
| $\frac{3}{4}$ cup chopped scallions | 8 fresh basil leaves |
| 2 tablespoons grated peeled fresh ginger | 8 fresh mint leaves |
| 4 cloves garlic, smashed | 4 radishes, thinly sliced |
| 8 black peppercorns | $\frac{1}{4}$ cup roughly chopped fresh cilantro |
| 1 stalk lemongrass, cut into thirds (optional) | Juice of $\frac{1}{2}$ lime, plus lime wedges for garnish |
| 4 tablespoons unsalted butter | 1 tomato, seeded and diced |
| Kosher salt | |

- 1.** Cut off the corn kernels; set aside. Combine the cobs, 1 cup potatoes, $\frac{1}{2}$ cup scallions, 1 tablespoon ginger, the garlic, peppercorns and 5 cups water in a pot. Smash the lemongrass, if using, and add to the pot. Bring to a boil, then simmer for 25 to 30 minutes.
- 2.** About 10 minutes before the broth is finished, melt the butter over medium-high heat in a separate pot. Add the remaining 1 cup potatoes, season with salt and cook until slightly soft, 5 minutes. Add the remaining 1 tablespoon ginger and the jalapeño; cook 1 minute. Add the corn kernels; cook until the vegetables are just tender, 3 to 4 minutes.
- 3.** Strain the broth, pressing out as much liquid as possible; discard the solids. Add 2 cups of the strained broth to the potatoes and corn; bring to a boil, cover and simmer for 10 minutes. Add the coconut milk, basil and mint; season with salt. Stir until simmering. Remove from the heat and add the radishes, cilantro and lime juice. Top with diced tomato and the remaining $\frac{1}{4}$ cup scallions and serve with lime wedges.

Per serving: Calories 407; Fat 32 g (Saturated 25 g); Cholesterol 30 mg; Sodium 31 mg; Carbohydrate 28 g; Fiber 4 g; Protein 6 g





\$2.65
PER
SERVING

WHITE CLAM PIZZA

ACTIVE: 20 min | TOTAL: 30 min | SERVES: 4

- | | |
|---|--|
| 3 large cloves garlic, chopped | 2 6.5-ounce cans chopped clams, juice drained and reserved |
| $\frac{1}{4}$ cup extra-virgin olive oil, plus more for drizzling | $\frac{1}{4}$ teaspoon dried oregano |
| 1 pound refrigerated pizza dough | 2 tablespoons grated parmesan cheese |
| All-purpose flour, for kneading | 2 cups baby arugula |
| Cornmeal, for dusting | Juice of 1 lemon |
| Kosher salt | Red pepper flakes, for garnish (optional) |
| $\frac{1}{2}$ cup thinly sliced mozzarella cheese (4 ounces) | |

1. Preheat the oven to 500°. Place a pizza stone or inverted rimmed baking sheet on the bottom rack.

2. Mix the garlic and $\frac{1}{4}$ cup olive oil in a small bowl. Knead the dough about 6 times on a lightly floured surface. Roll and stretch into a 12-inch round. Place the dough on a pizza peel, or another inverted baking sheet, dusted with cornmeal.

3. Brush half of the garlic-oil over the dough; season with salt. Scatter the mozzarella and clams over the crust; drizzle with 2 tablespoons of the reserved clam juice and the remaining garlic-oil. Sprinkle with the oregano, parmesan, and salt to taste. Slip the pizza onto the preheated pizza stone or baking sheet (the cornmeal will help it slide off). Bake until the crust is light brown, 13 to 15 minutes.

4. Just before the pizza is done, drizzle the arugula with olive oil and lemon juice. Slice the pizza; top each piece with arugula and season with red pepper flakes, if desired.

Per serving: Calories 698; Fat 33 g (Saturated 9 g); Cholesterol 82 mg; Sodium 821 mg; Carbohydrate 63 g; Fiber 2 g; Protein 39 g



\$2.09
PER
SERVING

SLOW-COOKER BARBECUE BEANS AND SAUSAGE

ACTIVE: 15 min | TOTAL: 6 hr 30 min | SERVES: 6

- | | |
|--|--|
| 3 cups low-sodium chicken broth | |
| $\frac{1}{3}$ cup tomato paste | |
| $\frac{1}{3}$ cup packed light brown sugar | |
| 3 tablespoons molasses | |
| 3 tablespoons honey mustard | |
| 2 tablespoons barbecue seasoning blend | |
| 4 cloves garlic, chopped | |
| 1 pound dry navy beans, rinsed and picked over | |
| 2 cloves | |
| 1 small onion, halved | |
| $1\frac{1}{2}$ pounds chicken-apple sausages, each halved lengthwise | |
| 2 tablespoons cider vinegar | |
| 1 tablespoon Worcestershire sauce | |
- Pickled peppers, sliced scallions and/or sour cream, for garnish (optional)

Dry beans are much cheaper than canned; with a slow cooker, there's no need to soak them.

1. Whisk the broth, 3 cups water, tomato paste, brown sugar, molasses, mustard, barbecue seasoning and garlic in a slow cooker. Add the beans. Push a clove into each onion half; tuck the onions and sausages into the beans in the slow cooker. Cover and cook on high until the beans are tender, about 6 hours.

2. Discard the onion halves. Stir in the vinegar and Worcestershire sauce, then let the mixture sit, uncovered, about 15 minutes. (The longer the beans sit, the more flavorful they will be.) Garnish with pickled peppers, scallions and/or sour cream, if desired.

Per serving: Calories 549; Fat 11 g (Saturated 3 g); Cholesterol 102 mg; Sodium 1,796 mg; Carbohydrate 75 g; Fiber 20 g; Protein 38 g

MOJO PORK CHOPS WITH PLANTAINS

ACTIVE: 30 min | TOTAL: 40 min | SERVES: 4

- | | |
|---|--|
| 1 orange | 2 teaspoons cumin seeds, |
| 1 grapefruit | crushed |
| ½ cup extra-virgin olive oil, plus more for drizzling | Kosher salt and freshly ground pepper |
| 3 tablespoons white wine vinegar | 2 pounds thin bone-in pork chops |
| 2 tablespoons chopped fresh oregano | 1 clove garlic, chopped |
| | ½ cup chopped fresh parsley |
| | 3 ripe plantains (or 1 pound potatoes), peeled and quartered |

1. Cut a 2-inch strip of zest from both the orange and grapefruit; place in a glass bowl. Squeeze 3 tablespoons juice from each fruit into the bowl (set the fruit aside). Whisk in 3 tablespoons olive oil, 2 tablespoons vinegar, 1 tablespoon oregano, the cumin seeds, and salt and pepper to taste. Poke the pork chops with a fork, then add them to the marinade, turning to coat. Set aside for 20 minutes.
2. Meanwhile, make the mojo sauce: Squeeze 1 tablespoon each orange and grapefruit juice into another bowl; whisk in the remaining 1 tablespoon vinegar, 5 tablespoons olive oil, 1 tablespoon oregano, garlic and parsley. Season with ½ teaspoon salt, and pepper to taste.
3. Boil the plantains in a saucepan of salted water, covered, until tender, about 15 minutes. Drain, reserving about ½ cup cooking liquid. Smash the plantains with a potato masher, drizzling with olive oil and some of the cooking liquid. Season with salt and pepper; keep warm.
4. Heat 2 medium skillets over medium-high heat. Remove the pork from the marinade; pat dry. Brush the chops lightly with some of the mojo sauce; sear until golden and slightly crisp on one side, about 5 minutes. Turn and cook about 3 more minutes. Divide the pork and plantains among plates and drizzle with more mojo sauce.

Per serving: Calories 619; Fat 39 g (Saturated 9 g); Cholesterol 81 mg; Sodium 87 mg; Carbohydrate 44 g; Fiber 3 g; Protein 27 g



\$3
PER
SERVING

POPCORN SHRIMP SALAD

ACTIVE: 25 min | TOTAL: 25 min | SERVES: 4

- | FOR THE DRESSING | FOR THE SALAD |
|---|--|
| ¼ cup mayonnaise | ½ pound medium shrimp, peeled and deveined |
| 2 tablespoons chopped cornichons, plus 2 tablespoons of the pickling liquid | 1 large egg |
| 2 teaspoons whole-grain mustard | 1 cup instant flour (such as Wondra) |
| ½ teaspoon hot sauce | 1 tablespoon Cajun seasoning |
| Kosher salt and freshly ground pepper | Kosher salt |
| | Vegetable oil, for frying |
| | 2 romaine hearts, torn into bite-size pieces |
| | 1 medium tomato, chopped |
| | 1 small red onion, thinly sliced |
| | 1 green bell pepper, cut into strips |
| | Freshly ground pepper |

1. Make the dressing: Whisk the mayonnaise, cornichons and their liquid, mustard, hot sauce, and salt and pepper to taste in a bowl.
2. Prepare the salad: Halve the shrimp lengthwise. Whisk the egg and 2 tablespoons water in a medium bowl. In another bowl, whisk the flour, Cajun seasoning and 2 teaspoons salt.
3. Heat about 1 inch of vegetable oil in a deep skillet until a deep-fry thermometer registers 350°. (A piece of shrimp will sizzle on contact.) Dip each shrimp in the egg mixture, then dredge in the flour mixture. Working in batches, fry the shrimp until crisp and golden, turning once, about 2 minutes. Remove with a slotted spoon and drain on a paper-towel-lined plate; season with salt.
4. Toss the romaine, tomato, onion and bell pepper with the dressing in a large bowl; season with salt and pepper. Divide the salad among plates and scatter the shrimp on top.

Per serving: Calories 319; Fat 21 g (Saturated 3 g); Cholesterol 139 mg; Sodium 593 mg; Carbohydrate 16 g; Fiber 2 g; Protein 18 g



\$2.91
PER
SERVING

Halve the shrimp lengthwise to make them go further.



\$2.79
PER
SERVING

MANCHEGO-STUFFED PORK BURGERS

ACTIVE: 30 min | TOTAL: 30 min | SERVES: 4

- 2 tablespoons vegetable oil, plus more for brushing
- $\frac{1}{4}$ cup pimiento-stuffed Spanish olives
- 4 cloves garlic
- 1 tablespoon dried oregano
- 1 tablespoon chili powder
- 2 teaspoons smoked paprika
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- $\frac{1}{2}$ teaspoon ground allspice
- 3 tablespoons mayonnaise
- $1\frac{1}{4}$ pounds coarsely ground pork
- Kosher salt and freshly ground pepper
- $\frac{1}{4}$ pound manchego cheese, broken into bite-size pieces
- 4 Portuguese rolls, split
- Pimientos, tomato, red onion and/or lettuce, for topping

- 1.** Preheat a grill to medium-high. Place the 2 tablespoons vegetable oil, the olives, garlic, oregano, chili powder, paprika, coriander, cumin and allspice in a food processor; pulse until smooth. Scrape the mixture into a large bowl and stir in 2 tablespoons mayonnaise.
- 2.** Mix the pork into the olive mixture; season with salt and pepper. Shape into 4 patties, about $\frac{1}{2}$ inch thick. Make a deep pocket in each; stuff with some manchego, then close the patty around the cheese.
- 3.** Brush the burgers with oil; season with salt and pepper. Brush the grill with oil; grill the burgers until marked on the bottom, 5 minutes. Flip and continue grilling until just cooked through, 5 more minutes.
- 4.** Brush the cut sides of the rolls with the remaining 1 tablespoon mayonnaise; grill until lightly toasted. Serve the burgers on the rolls with your choice of toppings.

Per serving: Calories 751; Fat 51 g (Saturated 18 g); Cholesterol 117 mg; Sodium 1,024 mg; Carbohydrate 33 g; Fiber 4 g; Protein 39 g



\$2.82
PER
SERVING

VEGETABLE COUSCOUS WITH MOROCCAN PESTO

ACTIVE: 40 min | TOTAL: 40 min | SERVES: 4

FOR THE PESTO

- 1 cup fresh cilantro (leaves and some stems)
- $\frac{1}{2}$ cup fresh parsley (stems reserved for couscous)
- 2 tablespoons whole almonds
- $\frac{1}{2}$ clove garlic
- $\frac{1}{4}$ cup extra-virgin olive oil
- Kosher salt

FOR THE COUSCOUS

- 4 tablespoons unsalted butter
- Kosher salt
- 1 onion, cut into 8 wedges
- 1 cinnamon stick
- 1 14-ounce can peeled tomatoes, halved
- 2 small carrots, cut into chunks
- 1 zucchini and/or 1 bunch Swiss chard, chopped
- $\frac{1}{3}$ cup raisins
- Freshly ground pepper
- $1\frac{1}{2}$ cups whole-wheat couscous

- 1.** Make the pesto: Combine the cilantro, parsley leaves, almonds and garlic in a food processor; pulse until coarsely chopped. Add the olive oil and $\frac{1}{2}$ teaspoon salt; process until smooth.
- 2.** Prepare the vegetables for the couscous: Heat a wide heavy-bottomed pot over medium heat. Add 3 tablespoons butter and 1 teaspoon salt; cook until the butter begins to brown. Add the onion. Tie the reserved parsley stems and cinnamon stick together with twine; add to the pot. Cook, stirring occasionally, until the onion is lightly browned, about 5 minutes. Add the tomatoes, 1 cup water, carrots, zucchini and/or Swiss chard, raisins, $1\frac{1}{2}$ teaspoons salt, and pepper to taste. Cook, stirring occasionally, until the vegetables are crisp-tender, about 15 minutes. Remove the parsley and cinnamon.
- 3.** Meanwhile, cook the couscous as the label directs. Add the remaining 1 tablespoon butter, season with salt and pepper and fluff with a fork. Top the couscous with the vegetables and pesto.

Per serving: Calories 525; Fat 29 g (Saturated 9 g); Cholesterol 30 mg; Sodium 1,364 mg; Carbohydrate 60 g; Fiber 11 g; Protein 11 g

OKRA WITH TOMATOES

Sauté 4 smashed **garlic cloves** in 3 tablespoons **olive oil** over medium heat until golden. Add 4 cups **okra** (halved lengthwise) and 1 small **onion** (cut into wedges); season with **salt** and **pepper** and cook until the okra is tender and bright, 10 to 12 minutes. Add 1 pint halved **cherry tomatoes**; cook until just bursting, 3 minutes. Finish with a splash of **cider vinegar**.



EGGPLANT WITH YOGURT AND DILL

Toss 1 pound chopped **eggplant**, 3 unpeeled **shallots** and 3 unpeeled **garlic cloves** with $\frac{1}{4}$ cup **olive oil**, **salt** and **pepper** on a baking sheet. Roast at 400° for 30 minutes. Add some **walnuts**; bake for 8 more minutes. Cool slightly, then squeeze the shallots and garlic from their skins and chop; toss with the eggplant, nuts, $\frac{1}{2}$ cup **plain yogurt**, fresh **dill** and salt and pepper.



CHARM CITY CORN

Bring 2 cups water, 1 cup **milk** and a pinch of **salt** to a boil in a pot. Cut 4 ears **corn** into thirds; add to the pot and cook until crisp-tender, 5 minutes, then drain. In the same pot, melt 4 tablespoons **butter** with 2 teaspoons **Old Bay seasoning**, a dash of **green hot sauce** and some salt. Toss the corn in the spicy butter.



6
EASY
SIDES

SUMMER SQUASH CARPACCIO

Thinly slice 1 **yellow squash** and 1 **zucchini** lengthwise (a mandoline works best); arrange a few slices on a plate in a single layer. Sprinkle with minced **shallots** and chopped **mixed herbs**, drizzle with **lemon juice** and **olive oil**, and season with **salt** and **pepper**. Repeat to make about 5 layers. Top with grated **pecorino**; let marinate for 20 minutes.



ROASTED RED ONIONS

Halve 2 pounds unpeeled **red onions**; toss in a large bowl with $\frac{1}{4}$ cup **olive oil**, 1 teaspoon **sweet smoked paprika** and a pinch each of **sugar** and **salt**. Place the onions cut-side down on a baking sheet; roast at 450° until soft and browned, 30 minutes.



GREEN BEAN AND CELERY SALAD

Whisk 2 tablespoons **lemon juice**, 1 tablespoon **dijon mustard**, a pinch of **salt** and 3 tablespoons **olive oil** in a bowl. Add 1 minced **shallot**, 2 tablespoons **capers**, a handful each of chopped **parsley** and **celery leaves**, and a pinch of **pepper**. Boil $\frac{3}{4}$ pound halved **green beans** until crisp-tender, 4 minutes; drain and add to the dressing along with a few thinly sliced **celery ribs**.

Hot Tips

for saving big money, from Food Network Kitchens' **Katherine Alford**:



Build a cheap brick oven.

Homemade pizza, like our clam pie on page 92, is better (and cheaper!) than delivery. The secret is giving the dough as much direct-contact heat as possible. If you don't own a pizza stone, buy unglazed quarry tiles from a hardware store or line the bottom of your oven with firebricks (the kind used to make fireplaces) and bake your pies right on them. You can leave the tiles or bricks in your oven all the time. If you use a sheet pan instead, preheat it upside down and bake the pizza right on it.



Divvy up dried spices.

Whole jars of dried herbs and spices often expire before you use them up, and nobody wants to spend \$50 to restock. My advice: Divide and conquer. Grab a friend and buy spices together, then split them up. You'll cut your costs in half. Also look for places where you can buy spices from bulk bins, like Indian markets and health food stores, so you can get just the amount you need.

Turn grains into the main dish.

A lot of the meals we come up with are based on how we cook for our own families. For me, in the summer, that means grain-based dishes, like the vegetable couscous on page 94. Even if you're not a vegetarian, cutting out meat every once in a while is a smart way to make dinner healthier and cheaper. Couscous, bulgur wheat and quinoa are all convenient, delicious and incredibly versatile—they're great in soups or tossed with dressed greens.



Make your own stock.

When you cook with whole chickens—whether they're precooked, as in this chicken and egg soup (page 88), or straight from the poultry section—use the leftover bones to make stock. Just place the carcass in a large pot, cover it with cold water and bring to a boil with carrots, onions, celery, some black peppercorns and a bay leaf. Simmer for 2 to 4 hours, then strain. (If you do this in a pressure cooker, you'll have stock in 20 minutes!) Freeze whatever stock you don't need right away.



Try a new catch.

Buying underappreciated fish, as we did for our catfish rolls on page 90, is an easy way to save money. Find a fishmonger who stocks a good variety and ask for seasonal, regional fish like white sea bass, walleye and perch in the summer. All of these work wonderfully in recipes that call for mild, white-fleshed fish.

Elevate the taste of weekday meals.

HILLSHIRE FARM® SMOKED SAUSAGE REINVENTS THE CLASSICS



POTATO SALAD WITH SMOKED SAUSAGE

Thanks to Hillshire Farm®, potato salad is no longer relegated to side-dish status. Enjoy this quick, savory reinvention of a traditional favorite.

Ingredients:

- 2½ pounds new potatoes, quartered (about 8 cups)
- 1 pkg. (16 ounces) Hillshire Farm® Smoked Sausage (any variety), sliced
- 1 medium green bell pepper, chopped
- 4 green onions, sliced (about ½ cup)
- ½ cup cherry tomatoes, quartered

Dressing:

- ¼ cup vegetable oil
- 3 tablespoons white wine vinegar
- 2 tablespoons whole-grain Dijon mustard
- 1 teaspoon salt
- ¼ teaspoon ground black pepper

Directions:

1. Cook potatoes in boiling water for 10 to 12 minutes or until tender; drain.
2. Heat a large skillet over medium heat for 3 minutes. Add sausage and cook, stirring frequently for 3 to 4 minutes or until sausage is lightly browned.
3. Combine dressing ingredients in large bowl; whisk and set aside.
4. Toss potatoes, sausage and remaining ingredients with dressing.

Serve immediately or refrigerate.

Makes: 20 side-dish servings (about 1/2 cup each)

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- 1 pkg. Hillshire Farm® Smoked Sausage
- 1 onion
- 1 green pepper
- 2 apples
- 14 cherry tomatoes
- 3 potatoes, parboiled
- Apricot preserves

Cut ingredients into 1-inch pieces and assemble on skewers. Grill over medium-high heat for 10 minutes. During the last two minutes of grilling, glaze with apricot preserves to taste.

SERVES: 4 to 6



COOK'S TIP:

For a spicy flavor, try Hillshire Farm® Hot Sausage or Hot Links™.

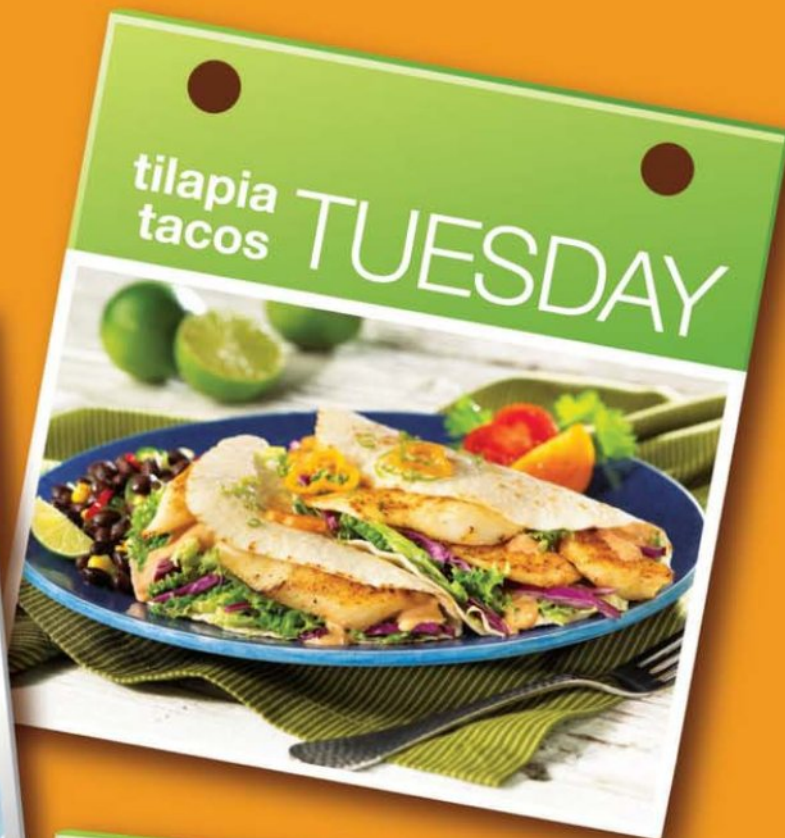
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This time of year, when things get busy again, taco night with Mission® is the perfect solution. It's a simple way to make family favorites that can turn one fun night into many, many more.

Turn that brown bag frown upside down.

For lots of kids, back-to-school time means back to brown bag lunches. But we don't think that has to mean back to boring as well. So we looked around and found some tasty, creative recipes using tortillas that kids love. The great thing is, meals made with tortillas are easy, fun and perfect for a grab-and-go kind of lunch. Even better, sometimes you can sneak in some extra nutrition for them. So give these recipes a try next time you're packing the kiddos' lunch and visit missionmenus.com for many more deliciously different ideas.



Cookie Dough Roll Ups



Deli Chicken Club Wrap



PB&J Banana Burrito

Trail Mix Tacos

Ingredients:

- 4 Mission® 6-inch Small Flour Tortillas
- 8 tablespoons Creamy Peanut Butter
- 6 teaspoons Honey
- 4 tablespoons Raisins
- 4 tablespoons Granola or granola cereal
- 1 Banana peeled and sliced
- 1 small Gala Apple cored and sliced

Serves 4

Recipe Instructions:

1. Spread 2 tbsp. peanut butter and 1½ tsp. honey in the middle of each tortilla.
2. Sprinkle 1 tbsp. each of raisins and granola on the tortillas.
3. Place equal amounts of banana and apple slices on top of the tortillas.
4. Fold over tortillas and enjoy!

Tips

Dried fruits could be added to the fresh fruit mix.





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NOT YOUR
ORDINARY

School Lunch

Food Network stars reveal their
kids' favorite lunch-box treats
and dish out the secret recipes.



PHOTOGRAPHS BY HALLIE BURTON





Ellie's Bright Bites

Leave it to Ellie Krieger, host of *Healthy Appetite*, to make sure every color on the fruit-and-veggie spectrum ends up in her daughter's lunch. The recipe name, Rainbows and Butterflies Pasta Salad, comes from the multicolored vegetables and, of course, butterfly-shaped pasta. Bella, who turns 7 in September, likes trying to get every color into each bite, Ellie says. "Drop in a blueberry yogurt or my Blueberry Punch so they'll get all the colors."



RAINBOWS AND BUTTERFLIES PASTA SALAD

ACTIVE: 20 min | TOTAL: 20 min | SERVES: 4

- 8 ounces bow tie pasta, preferably whole grain
- 3 tablespoons plus 1 teaspoon extra-virgin olive oil
- 1 cup corn kernels, thawed if frozen
- 1 cup shelled edamame, thawed if frozen
- 1 medium red bell pepper, diced
- 2 medium carrots, shredded (about $\frac{1}{2}$ cup)
- $\frac{1}{4}$ cup grated parmesan cheese (about 1 ounce)
- Salt

1. Cook the pasta as the label directs. Drain and toss with 1 teaspoon olive oil to prevent sticking; let cool.
2. In a large bowl, toss the cooled pasta with the corn, edamame, bell pepper and carrots. Drizzle with the remaining 3 tablespoons olive oil and toss to coat. Add the parmesan and $\frac{1}{4}$ teaspoon salt; toss again and season to taste.

BLUEBERRY PUNCH

Dissolve 2 tablespoons **honey** in $\frac{1}{4}$ cup boiling **water**. Puree 1 cup thawed frozen **blueberries** and $\frac{1}{2}$ cup cold water in a blender. Pour the blueberry puree through a fine-mesh strainer into a pitcher. Add up to $3\frac{1}{2}$ cups cold water and the dissolved honey to the pitcher and stir.



Jamie's Bag of Tricks

Jamie Oliver has fought to improve school lunches in his native Britain, and he follows his own advice when he's making "pack lunches" for his daughters. Steal some tips from the father of three: Poppy Honey, 7, Daisy Boo, 6, and Petal Blossom Rainbow, 4 months.

- Make lunch interesting with a **salad bag**: Take a plastic bag, decorate it with stickers and fill with **veggies**. Teach the kids to add the **dressing** to the bag, then shake it over their heads to toss the salad—they can mix it right at the table!

- Include one **fruit juice box**, not from concentrate. Freeze it to make a "lunch-box fridge" to keep food safe while it sits in the coatroom—by lunch, the drink is like a slushy.

- The worst thing at lunch is a soggy sandwich. Try this trick: Spread **butter** edge to edge to "waterproof" the bread before adding the meat and fillings. Use funny cutters to shape the sandwiches.



Guy's Chili to Go

Busy dad Guy Fieri knows how to run an efficient kitchen: A single batch of this chili will feed two kids for the better part of a week. Plus it's so hearty, it'll keep them full all afternoon. Guy created this recipe for his son Ryder, 3, who can be a picky eater but loves chili. Hunter, 13, is a fan, too.

RYDER'S TURKEY CHILI

ACTIVE: 30 min | TOTAL: 1 hr 50 min | SERVES: 10 to 15

- | | |
|--|---|
| 10 to 12 dried pasilla chile peppers | 1 tablespoon granulated onion |
| 4 tablespoons canola oil | 2 teaspoons granulated garlic |
| 1 red bell pepper, diced | 3 tablespoons chili powder |
| 1 green bell pepper, diced | 2 tablespoons paprika |
| 1½ jalapeño peppers, minced (remove seeds for less heat) | 1 tablespoon ground cumin |
| 9 cloves garlic, minced | 2 teaspoons cayenne pepper |
| 2 small red onions, diced | Kosher salt and freshly ground black pepper |
| 3 pounds coarsely ground turkey (thigh and breast meat) | 3 cups canned pinto beans with liquid |
| ⅓ cup tomato paste | 3 cups canned kidney beans with liquid |
| 3 cups tomato sauce | 2 cups canned black beans with liquid |
| 1 cup low-sodium chicken broth | Shredded cheddar cheese, for garnish |
| | Saltine crackers, for serving |

1. Rehydrate the pasilla peppers in hot water for 20 to 30 minutes, or until softened; drain. Remove the stems and seeds; dice the peppers.
2. Warm the oil in a large pot over high heat. Add the pasillas, bell peppers, jalapeños, garlic and onions and cook until caramelized, about 8 minutes. Add the turkey and gently stir, trying not to break up the meat too much; cook until the meat is no longer pink, about 5 minutes.
3. Add the tomato paste and sauce, stir for 4 minutes, then add the chicken broth. Add the granulated onion and garlic, chili powder, paprika, cumin, cayenne, 2 tablespoons salt and 2 teaspoons black pepper. Stir in the beans and their liquid, lower the heat and cook, uncovered, for at least 1 hour. Garnish with shredded cheddar and serve with saltines.



CREDIT



This sandwich
came out
of a tube!



Tyler's Food in a Tube

As a father of three (Miles, 13, Hayden, 2, and Dorothy, 1), Tyler Florence has plenty of tricks for getting kids to eat well, like a high-concept lunch box: He stacks the meal in an empty tennis-ball canister. Just chill a small can of all-natural ginger ale or a bottle of water and place it at the bottom of the tube, then add an apple or a bag of popcorn, and the sandwich. "Customize it with stickers, and you have a cool lunch container for a healthy meal," he says.

FRESH MOZZARELLA BLT WITH PESTO

ACTIVE: 10 min | TOTAL: 10 min | MAKES: 1 sandwich

- 1 4-inch piece baguette
- 2 slices low-sodium applewood-smoked bacon
- 1½ teaspoons store-bought pesto
- 1½ teaspoons low-fat mayonnaise
- 1 spear romaine lettuce
- 2 thick slices heirloom tomato
- 1 thick slice fresh mozzarella
- Kosher salt and freshly ground pepper

1. Slice the baguette open, leaving one side attached to form a hinge. Cook the bacon in a skillet over low heat until crispy; drain on paper towels.

2. Combine the pesto with the mayonnaise and smear on the bottom part of the bread. Layer the romaine on the bread, then the tomato, bacon and mozzarella. Season with salt and pepper; close the sandwich and wrap in parchment paper.



The Neelys' Meal for Teens

Pat and Gina Neely's two daughters, Spenser, 20, and Shelbi, 14, make their own lunches these days, but Gina has fond memories of packing special treats for the girls. "Spenser was a fan of fruit cups or sliced Granny Smith apples, and Shelbi always wanted a Fruit Roll-Up. If they helped me with a dessert, they would take leftovers to share with their friends," Gina says. "And we'd always put little notes in there: 'I love you' or 'Good luck on your test.'" Like most kids, the girls often wanted a turkey sandwich. Here's how Gina and Pat put a twist on it:

CRUNCHY TURKEY SALAD SANDWICHES

ACTIVE: 15 min | TOTAL: 15 min | SERVES: 6

- 1½ pounds smoked turkey breast, diced
- Kosher salt and freshly ground pepper
- 1 cup chopped scallions
- ¾ cup chopped celery
- ⅓ cup mayonnaise
- 2 tablespoons dijon mustard
- 1 cup seedless red grapes, cut in half
- 8 ounces provolone cheese, cut into ½-inch cubes
- ½ cup sliced almonds, toasted and coarsely chopped (optional)
- 3 tablespoons chopped fresh parsley
- 2 tablespoons snipped fresh chives
- Soft whole-grain sandwich bread, for serving

Place the turkey in a medium mixing bowl and season with salt and pepper. Add the remaining ingredients (except the bread) and combine. Serve on sandwich bread.

RECIPE ADAPTED FROM DOWN HOME WITH THE NEELYS (KNOPE, MAY 2009)



Pat and Gina always
snuck notes into the
girls' lunches.

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50 Simple Salads

Toss together
one of these fresh
and easy combos
for your next party.

PHOTOGRAPHS BY SANG AN



*Pull out this
booklet for
50 great ideas!*

Watermelon-Feta Salad

Whisk 1 part white wine vinegar with 3 parts olive oil, and salt and pepper. Toss with baby arugula, red onion slices, watermelon cubes, crumbled feta, niçoise olives and fresh oregano.



50 Simple Salads



PHOTOGRAPHS BY
SANG AN

No. 3



1. Spicy Carrot Salad

Microwave grated carrots and minced garlic in $\frac{1}{4}$ cup water until crisp-tender. Drain; toss with lemon juice, olive oil, salt, red pepper flakes and parsley.

2. Asian Apple Slaw

Mix rice vinegar and lime juice with salt, sugar and fish sauce. Toss with julienned jicama and apple, chopped scallions and mint.

3. Tomato-Peach Salad

Toss tomato and peach wedges with red onion slices. Drizzle with cider vinegar and olive oil; season with sugar, salt and pepper.

4. Creole Green Beans

Combine blanched thin green beans and red onion slices. Toss with Creole mustard, red wine vinegar, olive oil, salt and pepper.

5. Herb Salad

Whisk 1 part lemon juice with 3 parts olive oil, and salt and pepper. Toss with dill, basil, chives, tarragon and lettuce.

6. Squash and Orzo Salad

Sauté zucchini, yellow squash and scallions in olive oil until tender. Toss with cooked orzo, parsley, dill, goat cheese, salt and pepper.

7. Champagne Greens

Whisk 1 part champagne vinegar with 3 parts olive oil, and salt and pepper. Toss with Boston lettuce.

8. Watercress-Fruit Salad

Toss peach wedges and watermelon cubes with watercress. Drizzle with olive oil and lemon juice; season with salt and pepper.



No. 9

Caesar Salad

Puree minced garlic and anchovies, lemon juice, Worcestershire sauce, salt, pepper and 1 egg yolk; with machine running, slowly add $\frac{1}{4}$ cup olive oil. Toss with romaine; top with parmesan and croutons.

10. Hearty Tuna Salad Mix cannellini beans, capers, pickled mushrooms, celery and olives; stir in mustard, lemon juice, salt and pepper. Toss with cherry tomatoes and oil-packed tuna.

11. Southwestern Cobb Puree equal parts mayo and buttermilk with hot sauce, cilantro, scallion, orange zest, garlic and salt. Drizzle over romaine, diced avocado and jicama, orange segments and crumbly sharp cheese.

12. Tomatoes with Mint

Sprinkle heirloom tomato chunks with salt, pepper and sliced shallots; set aside 5 minutes. Top with fresh mint; drizzle with olive oil and white wine vinegar.

13. Chickpea Tapas Mix chickpeas, capers and green olives with chopped chorizo, celery, red onion, parsley and cilantro. Toss with olive oil, salt and pepper; top with manchego.

14. Pasta Caprese Mix chilled cooked fusilli, diced mozzarella, chopped tomatoes, basil, toasted pine nuts and minced garlic; season with salt and pepper.

15. Chicken-Mango Salad

Whisk 1 tablespoon each lemon juice and honey, some grated ginger and $\frac{1}{4}$ cup olive oil; toss with shredded grilled chicken, mesclun greens and diced mango.

16. Oranges with Mozzarella

Stack mozzarella and orange slices with basil. Drizzle with olive oil; season with salt and pepper.

17. Dilled Egg Salad Mix mayo, dijon mustard, dill, and salt and pepper. Stir in coarsely chopped hard-boiled eggs and diced dill pickles.

18. Cantaloupe Carpaccio Slice cantaloupe extra-thin (a mandoline works best). Drizzle with olive oil and lemon juice; top with pepper and ricotta.

19. Three-Bean Salad Boil $\frac{1}{2}$ cup cider vinegar, $\frac{1}{4}$ cup each sugar and vegetable oil, and salt. Pour over blanched green and wax beans, kidney beans and red onion slices; marinate 1 hour. Season with salt and pepper; top with parsley.

20. Greek Cucumber Salad Mix red onion slices, chopped cucumber, kalamata olive halves, dill and feta. Dress with olive oil and lemon juice; season with salt and pepper.

21. Panzanella Marinate tomato chunks in olive oil, red wine vinegar, garlic, salt and pepper for 10 minutes. Soak stale bread in water for 5 minutes; drain, then toss with the tomatoes. Add sliced red onion, celery and fresh herbs.

22. Miso-Tofu Salad Chop 1 inch fresh ginger in a blender; puree with 3 tablespoons miso, 2 tablespoons water, 1 tablespoon rice wine vinegar, some soy sauce and chili paste. Blend in $\frac{1}{2}$ cup peanut oil. Drizzle over baby spinach and cubed tofu.



No. 23

Crab-Salad Cups

Mix lump crabmeat with celery, tarragon and chives. Toss with mayo, sour cream, lemon juice and mustard; serve in Bibb lettuce cups.

24. Japanese Radish Salad Top a layer of watermelon radish slices with scallions and baby greens. Whisk mirin, rice wine vinegar, soy sauce, grated ginger, salt, and sesame and vegetable oil to taste; drizzle over the salad.

25. Jicama-Mango Slaw Toss julienned mango and jicama, red onion, radish and cilantro; add cumin, salt and cayenne. Drizzle with olive oil and lime juice.

26. Tricolor Salad Whisk 1 part balsamic vinegar with 3 parts olive oil, and salt and pepper. Toss with arugula, escarole and radicchio.

27. Tabouli with Pine Nuts Mix cooked bulgur, toasted pine nuts, lemon juice, scallions, olive oil, salt and pepper; add diced tomatoes, mint and parsley.

28. Cheesy Spinach Salad Whisk 1 part red wine vinegar with 3 parts walnut oil, shallots, salt and pepper. Toss with baby spinach, goat cheese and walnuts.

29. Curried Potato Salad Mix mayo with cider vinegar, curry powder and duck sauce. Fold in roasted sweet potatoes, celery, cilantro and scallions; season with salt and pepper.

30. Smoked-Trout Salad Whisk 1 part cider vinegar with 3 parts olive oil, minced shallots, horseradish, dijon mustard, honey, salt and pepper. Toss with flaked smoked trout, julienned apples and beets, and arugula.

No. 31



32. Egg Salad with Beans

Toss blanched green beans with sliced radishes and hard-boiled eggs. Drizzle with olive oil; season with salt and pepper.

33. Ambrosia Salad Whisk coconut milk with grated orange zest and vanilla. Toss with sliced grapes, tangerines and apples; chill. Garnish with toasted coconut and walnuts.

34. Cornbread Caesar

Toss cubed cornbread with melted butter, salt and cayenne on a baking sheet; bake at 400°, 12 to 15 minutes. Toss romaine and chopped tomato with Caesar dressing (see No. 9); top with the cornbread croutons.



Yellow Trio
Cut the kernels off an ear of corn; sauté in olive oil with yellow squash slices. Toss with yellow grape tomatoes, basil, salt and pepper.

35. Beet Salad Whisk $\frac{1}{2}$ cup vegetable oil with 2 tablespoons sugar, some lime juice, dry mustard, salt, chopped onion and 1 tablespoon poppy seeds. Toss with roasted beets and goat cheese.

36. Celery Salad Mix sliced celery and red onion with diced soppressata. Toss with lemon juice and zest, basil, a big splash of olive oil, salt and pepper; shave parmesan on top.

37. Watermelon-Feta Salad

Whisk 1 part white wine vinegar with 3 parts olive oil, and salt and pepper. Toss with baby arugula, red onion slices, watermelon cubes, crumbled feta, niçoise olives and fresh oregano.

No. 39



38. Creamy-Crunchy Slaw

Mix mayo with cider vinegar and caraway seeds. Toss with shredded cabbage, scallion and green apple slices, crumbled cooked bacon, salt and pepper.

39. Bistro Bacon Salad

Chop and fry bacon; combine the drippings with cider vinegar, dijon mustard, olive oil, salt and pepper. Toss with mesclun greens; top with the bacon and a poached egg.

40. Black-Eyed Pea Salad

Whisk lime juice with minced garlic, ground cumin, salt, cilantro and a big splash of olive oil. Toss with black-eyed peas, minced jalapeño, and diced tomato, red onion and avocado.

41. Greek Rice Salad Whisk olive oil, lemon juice, salt and allspice. Toss with chopped cucumber and tomato, scallions, parsley, dill, mint and lemon zest. Stir in cooked rice and a dash of hot sauce; top with feta.

42. Mimosa Salad Toss butter lettuce with an herb vinaigrette (1 part vinegar, 3 parts olive oil, chopped herbs). Press a peeled hard-boiled egg through a fine strainer to make an egg "mimosa"; spoon over the salad.

43. Classic Waldorf Whisk ½ cup mayo and 2 tablespoons sour cream with chives, parsley, lemon zest and juice, sugar and pepper. Toss with chopped apples, celery and walnuts.



No. 44

Wedge Salad

Puree 1 cup each mayo and blue cheese with ½ cup buttermilk, 1 shallot, lemon zest, Worcestershire sauce, parsley, salt and pepper. Drizzle over iceberg wedges; top with egg mimosa (see No. 42) and crumbled bacon.

45. Curried Tuna Salad

Toast 1 tablespoon curry powder in vegetable oil; cool. Mix with mayo, lime juice, salt and pepper. Toss with canned tuna, red onion slices, cilantro and golden raisins.

46. Roast Beef Salad

Whisk 2 tablespoons each apple cider vinegar and honey mustard with salt, pepper and 1 cup hazelnut oil. Drizzle over endive, sliced pears and deli roast beef; top with blue cheese and hazelnuts.

47. American Potato Salad

Whisk mayo with parsley, relish and mustard. Toss with boiled quartered potatoes, and sliced celery and red onion. Fold in chopped hard-boiled eggs; season with salt and pepper.

48. Daikon Slaw

Simmer 3 parts rice vinegar with 1 part peanut oil, minced ginger and garlic, Asian chili sauce, salt and sugar. Toss with julienned daikon, napa cabbage and scallions; chill.

49. Macaroni Salad

Whisk ½ cup mayo, 3 tablespoons sour cream, dry mustard, sugar, cider vinegar, salt and pepper. Toss with cooked macaroni, sliced celery and red onion, and parsley.

50. Spanish Pimiento Salad

Grill scallions; chop. Toss with olives, pimientos, almonds, sherry vinegar, smoked paprika and romaine. Grill thick bread slices; rub with garlic, tear into pieces and toss with the salad.



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Jicama-Mango Slaw

Toss julienned mango and jicama, red onion, radish and cilantro; add cumin, salt and cayenne. Drizzle with olive oil and lime juice.

Soak raw onion slices in ice water for 15 minutes to take the bite out before adding them to salads.

Squash and Orzo Salad

Sauté zucchini, yellow squash and scallions in olive oil until tender. Toss with cooked orzo, parsley, dill, goat cheese, salt and pepper.

Delicious Taste Spread Throughout the Day

Build the Perfect Sandwich for Lunch, Dinner—or in Between—with



ITALIAN COMBO SANDWICH

1 SERVING | PREP TIME: 10 minutes

- 1 Tbsp. Hellmann's® Light Mayonnaise
- 2 slices multigrain bread
- 2 Tbsp. chopped marinated artichokes (optional)
- 2 Tbsp. sliced hot Italian peppers (optional)
- 2 oz. thinly sliced deli ham
- 1 slice mozzarella or provolone cheese
- ¼ cup baby arugula or spinach leaves

1. Evenly spread Hellmann's® Light Mayonnaise on 1 bread slice, then top with artichokes and Italian peppers. Layer with remaining ingredients, top with remaining bread slice.



HONEY ROASTED TURKEY SANDWICH

1 SERVING | PREP TIME: 10 minutes

- 1 Tbsp. Hellmann's® Real Mayonnaise
- 2 slices whole wheat or multigrain bread
- ¼ cup red and/or green grapes, quartered
- 2 oz. sliced honey roasted turkey breast
- 1 slice sharp cheddar cheese
- 2 romaine or green leaf lettuce leaves

1. Spread Hellmann's® Real Mayonnaise on 1 bread slice, then sprinkle with grapes. Top with turkey, cheddar and lettuce, top with remaining bread slice.



THE BOBBY FLAY CHICKEN COBB WRAP

SERVES: 4

- 3 Tbsp. white wine vinegar
- 2 Tbsp. Hellmann's® Light Mayonnaise
- 1 Tbsp. Hellmann's® Dijonnaise
- 3 Tbsp. extra-virgin olive oil
- ¼ pound blue cheese, sliced and crumbled

Salt and freshly ground black pepper

- 3 cups thinly sliced romaine lettuce
- 8 slices turkey bacon, cooked until crisp and coarsely chopped
- 2 cups coarsely shredded chicken (from a store-bought rotisserie chicken,) white and dark meat
- 4 wraps (white, whole wheat, tomato or spinach)

1. Whisk together the vinegar, Mayonnaise, Dijonnaise and olive oil in a large bowl until combined.
2. Put the romaine, bacon, chicken and blue cheese in a large bowl and toss to combine.
3. Heat the wraps in a dry sauté pan over low heat, or place on a plate, cover with a damp paper towel and microwave for 25 seconds to make more pliable. Place the wraps on a flat surface and spread some of the dressing over the surface. Divide the mixture among the wraps, fold like a burrito, slice in half and drizzle top with more dressing, if desired.



TIPS:

- The perfect ratio of sandwich components is up to you, but a general rule to follow is have the fillings comprise one-third of your sandwich and let the bread comprise the rest.
- You can try different combinations of ingredients, opt for fillings you've never tried and use a particular cuisine to inspire your sandwich making.
- Creative sandwich ideas start with a good bread. Try a hefty sub roll, pocket bread or whole-grain breads.

A man with short brown hair, wearing a dark blue polo shirt with light blue stripes on the sleeves and a metal watch, is leaning forward. He is using a black-handled press to compress a sandwich on a griddle. The sandwich is made with toasted bread and filled with lettuce, tomato, and meat. The background is a blurred red floral pattern.

Hellmann's + Flay =
perfect sandwichness

Get expert sandwich advice from Hellmann's® and
Bobby Flay at buildthepresentsandwich.com

it's time for a real sandwich
buildthepresentsandwich.com





MIKE LOVES CONSUMING
AVOCADOS
AND THE WAY
THEY'VE ENDED UP
CONSUMING HIM



MIKE SANDERS HAS SPENT THE PAST 35 YEARS GROWING CALIFORNIA AVOCADOS. And though most people would tire of most jobs in that span of time, Mike's passion for avocados only increases each day. The land has become a part of him, and a part of his family—much like a young man named Chris Ambuul. Chris didn't realize when he fell in love with Mike's daughter that he'd also fall in love with Mike's business. Today, Mike and his son-in-law run the avocado ranch together, watching young trees blossom side-by-side with Mike's grandkids. So insist on California Avocados, and bring a piece of Mike's family home to yours.

Meet Mike, Chris, and growers like them at CaliforniaAvocado.com.

Insist on California Avocados



Weekend Cooking

Spend an afternoon making **Michael Symon's pickled tomatoes.** Or try one of Food Network Kitchens' summer menus for your next party.





Try this at home:

PICKLING

Iron Chef Michael Symon invites us to his house in Cleveland for one of his favorite summer projects: old-fashioned canning.

PHOTOGRAPHS BY DAVID A. LAND

PICKLED GREEN TOMATOES

ACTIVE: 50 min

TOTAL: 1 hr 15 min (plus resting)

MAKES: 4 quarts

- 6 Fresno chile peppers,
halved lengthwise
- 4 bay leaves
- $\frac{1}{4}$ cup coriander seeds
- $\frac{1}{4}$ cup cumin seeds
- 2 cinnamon sticks
- 2 teaspoons whole cloves
- 2 teaspoons ground mace
- 4 tablespoons black
peppercorns
- 10 cloves garlic
- 8 cups cider vinegar
- $\frac{1}{2}$ cup honey
- 4 tablespoons kosher salt
- 4 pounds green tomatoes



What you'll need:

- ☐ 4 quart-size canning jars with lids
- ☐ Large deep pot with lid
- ☐ Round wire rack that fits inside the pot or clean empty tuna cans (to keep the jars from direct heat)
- ☐ Jar lifter or tongs
- ☐ Rubber spatula
- ☐ Clean dish towels

1. Sterilize the jars. Wash the jars and lids in hot soapy water; rinse well. Place a wire rack or empty tuna cans in the pot to keep the jars from touching the bottom. Fill the pot halfway with water and bring to a simmer (do not boil). Submerge the jars in the water and let simmer until you're ready to fill. Sterilize the lids in a separate small pot of simmering water.

2. Make the brine.

Combine the chiles, bay leaves, coriander and cumin seeds, cinnamon sticks, cloves, mace, peppercorns, garlic, vinegar, honey, salt and 1 cup water in a large saucepan. Bring to a boil; cook for 3 minutes. Cool slightly. Remove the chiles and bay leaves with a slotted spoon.



3. Pack the tomatoes.

Slice the tomatoes into wedges using a sterilized knife and cutting board. Remove the jars and lids from the simmering water with a jar lifter or tongs; fill with the tomatoes and some chiles and bay leaves.



4. Fill and close.

Pour the warm pickling liquid over the tomatoes in each jar, stopping $\frac{1}{2}$ inch from the top. Slide a clean rubber spatula around the inside of each jar to remove air bubbles. Wipe the rims with a clean towel, then position the sterilized lids on top. Screw the lids shut, being careful not to overtighten.



“You can get big pots and other pickling equipment for really cheap at a hardware store.”



5. Boil the jars. Return the pot of water to a simmer; add the jars, making sure water covers them by a few inches. Cover and boil for 15 to 20 minutes. Turn off the heat, uncover and leave them in the water for 10 minutes.



6. Remove and let cool. Transfer the jars to a kitchen towel. Let sit, undisturbed, for at least 12 hours. A vacuum seal will form as the jars cool.

Check the seal.

After cooling, press the lids to make sure the vacuum seal has formed. The lids shouldn't pop up and down; if they do, store the jars in the fridge.



7. Label your pickles.

Write the date on each jar and store for up to 1 year at room temperature; refrigerate after opening. The tomatoes will be at their prime about 3 months after canning.

“

I put my own spin on old family recipes. My mom's mom and dad's dad were both into pickling and preserving.”

Michael makes these pickles for his Cleveland restaurant, Lolita (lolabistro.com). He serves them on pizza with house-cured prosciutto and mozzarella.

Lobster Cookout

Turn your next backyard bash into a day at the beach.

PHOTOGRAPHS BY YUNHEE KIM

If you'd rather not cut into live lobsters, parboil them for 1 to 2 minutes; rinse before stuffing and grilling.

DEVEILED PORTUGUESE GRILLED LOBSTERS

ACTIVE: 45 min | TOTAL: 1 hr | SERVES: 4

- 4 1½-pound live lobsters
- 12 tablespoons unsalted butter
- ¾ cup extra-virgin olive oil
- ⅓ pound linguica (Portuguese sausage), finely chopped
- 6 cloves garlic, chopped
- 1¾ cups panko (coarse Japanese breadcrumbs)
- ¾ cup chopped fresh parsley, plus more for garnish
- 3 tablespoons minced chives
- Juice of 1 lemon, plus lemon wedges for garnish
- Kosher salt and freshly ground pepper

1. Prepare the lobsters (see below). Preheat a grill to medium.
2. Melt the butter with the olive oil in a small skillet over medium heat. Add the sausage and cook until the fat begins to render, 1 to 2 minutes. Add the garlic and cook until fragrant, about 1 minute. Pour about half of the butter-oil into a bowl and keep warm; leave the sausage in the skillet. Add the panko to the skillet; cook, tossing, until crisp and golden, about 5 minutes. Stir in the parsley, chives and lemon juice and season with salt and pepper.
3. Brush the lobster tails and cavities with some of the reserved butter-oil; season with salt and pepper. Firmly pack the breadcrumb mixture into the cavities and onto the tails; drizzle with more of the reserved butter-oil.
4. Place the lobsters on the grill shell-side down; cover with a disposable aluminum pan and cook until the shells turn red and the stuffing is crisp, 12 to 15 minutes. Sprinkle with parsley; serve with lemon wedges and the remaining butter-oil for dipping.

What to Drink

Chill a bottle of vinho verde, Portugal's "green wine," before dinner. These light, slightly spritzy whites are young, hence the name. (They're not actually green!) They're nice and cheap, too.



> 2007 Fâmega Vinho Verde (\$6)

Ultra-tart and grapefruity, this wine pairs well with the lobster, but it's just as tasty as an aperitif.

> 2007 Provam Vinho Verde (\$7)

Green-apple flavors and a good amount of fizz make this white extra quenching; it's perfect for an outdoor meal.



> 2006 Varanda do Conde (\$10)

Sauvignon blanc fans will love this crisp, acidic wine. It's lemony with just a touch of honey.



HOW TO Prepare Live Lobster



1 Place the lobster on a cutting board. Push a chef's knife into the cross mark on the shell between the head and body; the lobster may still move for a few seconds.



2 Turn the lobster on its back and split it in half lengthwise with your knife or kitchen shears. Clean out the cavity. Warning: This step is messy, so have paper towels handy.



3 Remove the rubber bands and crack the claws with the blunt edge of your knife. This will help the claw meat cook evenly on the grill.



GRILLED POTATO AND PEPPER SALAD

ACTIVE: 25 min | TOTAL: 25 min | SERVES: 4 to 6

- 2 pounds fingerling potatoes
- 6 cloves garlic, crushed
- 1 bay leaf
- Kosher salt
- 4 bell peppers (red and/or yellow), stemmed and quartered
- 2 bunches scallions, trimmed
- 5 tablespoons extra-virgin olive oil
- 2 to 3 tablespoons sherry vinegar
- 2 tablespoons chopped fresh parsley

1. Put the potatoes, garlic and bay leaf in a saucepan; cover with water and season with salt. Bring to a boil, lower the heat and simmer until almost tender, about 5 minutes. Drain, discarding the bay leaf; transfer the potatoes to a bowl (halve any that are large). Add the peppers and scallions; drizzle with 2 tablespoons olive oil, season with salt and toss.
2. Preheat a grill to medium. Grill the vegetables, turning occasionally, until the potatoes are tender and the peppers and scallions are charred, 3 minutes for the scallions and 5 to 6 minutes for the potatoes and peppers. Transfer to a cutting board to cool slightly.
3. Scrape the skin off the peppers with a paring knife and cut them into large chunks; coarsely chop the scallions. Combine the potatoes, peppers and scallions in a serving bowl. Drizzle with the vinegar and the remaining 3 tablespoons olive oil. Sprinkle with the parsley and season with salt; toss.

Paella Party

Treat your friends to the ultimate Spanish one-pan meal.



To get a crisp rice crust on your paella, place the skillet on the stove over high heat for a few minutes before serving.

VEGETABLE PAELLA

ACTIVE: 55 min | TOTAL: 1 hr 30 min | SERVES: 6 to 8

- | | |
|---------------------------------|---------------------------------|
| 8 vine-ripened plum tomatoes | 1 large Japanese eggplant, |
| Kosher salt | cut into 2-inch pieces |
| ¼ cup extra-virgin olive oil, | 4 ounces shiitake mushrooms, |
| plus more for drizzling | stemmed |
| 1 small onion, finely chopped | 2 cups dry white wine |
| 3 cloves garlic, finely chopped | 2½ cups short-grain paella rice |
| 1½ teaspoons paprika | 4 ounces haricots verts or |
| ¼ teaspoon cayenne pepper | string beans, halved if large |
| 1 teaspoon saffron threads | ¼ cup capers, drained |
| 1 large bulb fennel, cut into | ¼ cup piquillo or roasted red |
| 8 wedges | peppers, cut into strips |
| 8 baby artichokes, trimmed | Chopped fresh parsley, for |
| and halved (see below) | garnish (optional) |

1. Preheat the oven to 450°. Core the tomatoes, cut into wedges and place in a medium bowl; season with salt, drizzle with a bit of olive oil and toss. Set aside.

2. Heat ¼ cup olive oil in a 12-inch ovenproof skillet or a paella pan over medium-high heat. Add the onion, garlic, paprika, cayenne and saffron and season with salt. Cook, stirring occasionally, until the onion softens, about 5 minutes.

3. Add the fennel wedges and cook until lightly browned on one side, about 5 minutes. Flip the fennel and add the baby artichokes and eggplant to the skillet; cook until slightly tender, about 4 more minutes. Add the mushrooms and cook for 1 to 2 minutes. Pour in the wine and simmer until reduced by about one-third. Stir in the rice and 1¾ teaspoons salt; add just enough water to cover the rice completely, 2½ to 3 cups. Increase the heat to high and boil for 2 to 3 minutes. Scatter the haricots verts and 2 tablespoons capers over the rice. Remove the pan from the heat and arrange the tomatoes on top; drizzle with any tomato juices.

4. Transfer the paella to the oven and bake, undisturbed, for 20 minutes. Scatter the remaining 2 tablespoons capers and the piquillo peppers over the paella. Turn off the oven but leave the paella inside to continue cooking until the rice is tender, 15 to 20 more minutes. Garnish with parsley, if desired.

HOW TO Trim Baby Artichokes



1 Peel the outside layer off the stem with a paring knife, working from the end of the stem toward the bulb.

2 Snap off the tough outer leaves of the artichoke until only pale yellow-green leaves remain.

3 Cut 1 inch off the top of the leaves. Halve the artichokes lengthwise and soak in lemon water until ready to cook.

On the Side

Put together a tapas platter; look for these snacks at cheese shops or gourmet stores.

If you're hosting meat lovers, add serrano ham and chorizo or other Spanish sausages.



What to Drink

Turn a bargain box of vino into sangria for a crowd: Add 2 cups of diced apples to each liter of wine; customize with more fruit, spike with liqueur and chill. Try these combos:



> **2007 Banrock Station Cabernet Sauvignon (\$18 for 3 liters)**

Sliced strawberries and raspberries complement this Australian wine's peppery vanilla flavor. Fortify the sangria with a few shots of orange liqueur, such as Grand Marnier or Cointreau.

> **2006 French Rabbit Pinot Noir (\$9 for 1 liter)**

Use the whole box of this light pinot noir for a party of four or five; it's not as big as most, just 1 liter. Pump up the naturally fruity flavors of the wine with sliced oranges or other citrus and a generous splash of brandy.

> **2007 Black Box Merlot (\$20 for 3 liters)**

Dress up this mellow, balanced California wine with a handful of crushed cherries, a splash of cherry juice and a few ounces of high-quality cherry liqueur, such as kirsch or maraschino.

Sunday Brunch

Start the day with picture-perfect eggs and a bottle of bubbly.

We used masa harina, a type of corn flour, to make the cakes. Look for it in the baking or Latin foods aisle.

MASA CORN CAKES WITH POACHED EGGS

ACTIVE: 50 min | TOTAL: 50 min
SERVES: 4

FOR THE SALSA

- 2 large ripe tomatoes
(about 1 pound), finely diced
- $\frac{3}{4}$ small white or red onion,
finely diced
- 1 jalapeño pepper, finely chopped
(remove seeds for less heat)
- $\frac{3}{4}$ cup chopped fresh cilantro
- Kosher salt

FOR THE CORN CAKES AND EGGS

- 2 cups whole milk
- 3 tablespoons unsalted butter,
sliced
- 2 cups masa harina corn flour
- Kosher salt
- 2 teaspoons sugar
- $\frac{1}{3}$ cup crumbled queso fresco or
feta cheese, plus more for garnish
- 2 tablespoons extra-virgin olive oil
- 8 large eggs
- 1 tablespoon white vinegar
- 1 Hass avocado, chopped, for
garnish

1. Make the salsa: Combine the tomatoes, onion, jalapeño, cilantro and 1 teaspoon salt in a bowl.

2. Preheat the oven to 200°. Make the corn cakes: Warm the milk and butter in a small saucepan over low heat just until the butter melts. Combine the masa harina, 1 teaspoon salt, the sugar and queso fresco in a large bowl. Stir in the milk mixture to make a soft dough. Scoop the dough into 8 portions (about $\frac{3}{4}$ cup each) and place on a parchment-lined baking sheet. Cover with another sheet of parchment; press a pan on top to flatten into disks.

3. Heat 1 tablespoon olive oil in a large nonstick skillet over medium heat. Working in batches, fry the corn cakes until crisp and golden on the bottom, about 3½ minutes; flip, press lightly with a spatula and cook until golden on the other side. Continue with the remaining cakes, adding more oil as needed. Season the cakes with salt; place on a baking sheet and keep warm in the oven while you poach the eggs.

4. Bring a deep pan of water to a simmer over medium-low heat; add the vinegar. Poach the eggs (see right).

5. Divide the corn cakes among 4 plates; top each cake with a poached egg, salsa and cheese; serve with avocado.



On the Side

Roast some spicy sausage: Brush 4 links of fresh Mexican-style chorizo (different from smoked Spanish chorizo) with olive oil. Place in a cast-iron skillet with sliced onions and garlic; roast in a 400° oven until the sausages are cooked through and browned, about 12 minutes, turning once.



What to Drink

All you need for classy brunch cocktails is a budget sparkler and a splash of juice.

> Cristalino Cava Brut (\$8)

This bargain Spanish bubbly is nutty and just barely sweet, perfect for a Bellini.

Mix it with: peach puree.

> Jacob's Creek Brut Cuvée (\$10)

Made with the same grapes as champagne, this crisp Australian wine becomes a mean mimosa.

Mix it with: orange juice.

> Segura Viudas Brut Reserva (\$8)

The toasty flavor of this cava is offset by notes of bright, tangy citrus.

Mix it with: grapefruit juice.

HOW TO Poach Eggs for a Crowd



1 Crack each egg into a small cup or bowl. Bring a deep pan of water with 1 tablespoon vinegar to a simmer. Stir to create a whirlpool.



2 With the whirlpool moving, quickly slide each egg into the water; the whirlpool helps the eggs keep their shape. Start timing when you add the last egg.



3 Poach the eggs for 3½ minutes, or until the whites are set but the yolks are still runny. Remove with a slotted spoon and drain on paper towels.

Southern Supper

Dish out a hearty dinner of
onion-ringed fried chicken.

Instead of
serving onion rings
on the side, we
made them part of
the fried chicken—
two of our favorite
foods in one!



**ONION-RINGED
FRIED CHICKEN**ACTIVE: 50 min | TOTAL: 50 min (plus
marinating) | SERVES: 4

- 2 large eggs
- 2 tablespoons paprika
- 1½ teaspoons cayenne pepper
- Kosher salt
- 3 cups milk
- 1 cup torn fresh parsley
- ½ cup torn fresh sage
- 1 head garlic, cut in half crosswise,
cloves separated
- 2 medium onions
- 4 skin-on, bone-in chicken breasts
(about 8 ounces each)
- 3 cups all-purpose flour
- Freshly ground black pepper
- Vegetable oil, for frying

1. Whisk the eggs, 1 tablespoon paprika, 1 teaspoon cayenne and 4 teaspoons salt in a large glass bowl. Add the milk, parsley, sage and garlic.

2. Slice the onions into ¼-inch-thick rings with a mandoline or knife. Separate the rings and add to the milk mixture. Add the chicken, turning to distribute the ingredients. Cover and refrigerate for 4 to 8 hours.

3. In a shallow baking dish, mix the flour, the remaining 1 tablespoon paprika and ½ teaspoon cayenne, 2 teaspoons salt and 1 teaspoon black pepper. Place a rack on a baking sheet. Lift each piece of chicken from the milk mixture, roll in the flour mixture and place on the rack. Once all the pieces are floured, re-dip in the milk mixture and press some of the onions and herbs onto the chicken. Then, pressing the onions onto the chicken to hold them in place, roll the chicken in the flour again, pressing firmly so the onions become part of the breading. (You can re-dip a third time to add more onion, if you like.) Set the onion-coated chicken pieces on the rack.

4. Heat about ¾ inch of vegetable oil in a deep-fryer or large deep skillet over medium-high heat until a deep-fry thermometer registers 375°. Add the chicken and fry, adjusting the heat as needed, until golden brown on one side, 8 to 10 minutes. Turn with tongs and cook until the chicken is golden all over and a thermometer inserted into the thickest part registers 160°, about 8 more minutes. Drain on a paper-towel-lined plate. Season with salt.

**CORN-BACON SPOON BREAD
WITH TOMATOES**

ACTIVE: 40 min | TOTAL: 1 hr 15 min | SERVES: 4

FOR THE SPOON BREAD

- 4 strips bacon, diced
- 1 cup stone-ground cornmeal
- 2¾ cups whole milk
- Kosher salt
- 2 teaspoons sugar
- Pinch of cayenne pepper
- 2 cups corn kernels
(from 2 ears corn)
- 4 scallions, finely chopped
- 4 large eggs
- 1½ teaspoons baking powder

FOR THE TOMATOES

- 1 pound tomatoes, chopped
- 2 tablespoons extra-virgin
olive oil
- 3 tablespoons chopped
mixed fresh herbs
- Kosher salt and freshly ground
black pepper

1. Position a rack in the lower third of the oven and preheat to 325°. Prepare the spoon bread: Cook the bacon in a skillet until just crisp; transfer to a paper-towel-lined plate with a slotted spoon, leaving the drippings in the pan. Grease a 6-cup shallow baking dish with some of the drippings and dust with 2 teaspoons cornmeal. Place on a baking sheet.

2. Add the milk to the remaining drippings in the skillet and bring to a boil over high heat. Whisking constantly, gradually pour in the remaining cornmeal. Add 1 teaspoon salt, the sugar and cayenne. Lower the heat and simmer, whisking, until thickened, about 3 minutes. Stir in the corn, scallions and bacon; remove from the heat.

3. Beat the eggs with a mixer until very pale and fluffy, about 5 minutes; add the baking powder. Stir a quarter of the whipped eggs into the cornmeal mixture, then carefully fold in the rest. Pour the batter into the prepared baking dish; bake until puffed and golden, about 50 minutes.

4. Prepare the tomatoes: Toss the tomatoes, olive oil and herbs in a bowl with salt and black pepper to taste; set aside for at least 5 minutes. Let the spoon bread rest 10 minutes; serve with the tomatoes.

What to Drink

Try a Sweet Tea Mojito: Steep 4 or 5 black tea bags, 2 cups turbinado sugar and 2 handfuls of fresh mint in 3 cups simmering water for 5 minutes, stirring to dissolve the sugar. Strain into a pitcher; add the juice of 3 limes, 1½ cups light rum, 1 cup cold water and another handful of mint. Stir vigorously, crushing the mint with a wooden spoon; chill. Serve over ice with lime and more mint.

**And for Dessert...**

Serve Boozy Peaches and Cream: Toss 3 sliced peaches with 1 tablespoon brown sugar and ½ teaspoon vanilla extract; set aside until juicy, about 30 minutes. Whip 1 cup heavy cream until it thickens, then beat in 4 teaspoons brown sugar. Add 4 teaspoons bourbon and beat until soft peaks form. Layer the peaches and cream in dessert glasses; top with toasted pecans.

PIE

Food Network
Kitchens' recipe
developer Bob Hoebbe
baked more than
20 pies to get the
crust and fillings
just right.

Perfect All-Butter Piecrust

Pulse $3\frac{1}{2}$ cups flour, $\frac{1}{4}$ cup sugar and 1 teaspoon salt in a food processor. Add 1 diced stick cold butter; process until combined. Add 2 more diced sticks cold butter; pulse three times, or until the mixture resembles coarse meal. Add 1 tablespoon white or cider vinegar. Gradually pour in $\frac{1}{3}$ cup ice water, pulsing about four times until combined. Turn out onto a clean surface and press into a cohesive dough without overworking (you should see bits of butter). Wrap in plastic wrap and press into a 1-inch-thick disk; refrigerate at least 1 hour before rolling out.





FIVE GREAT FILLINGS



Blueberry

Simmer 3 cups blueberries with $\frac{1}{2}$ cup maple syrup until the mixture reduces by half, about 20 minutes. Pour into a bowl; stir in 4 cups blueberries, $\frac{1}{2}$ cup maple syrup, 3 tablespoons quick-cooking tapioca, 1 tablespoon lemon juice, $\frac{1}{4}$ teaspoon nutmeg and $\frac{1}{4}$ teaspoon salt. Cool completely, then pour into pie shell; dot with 4 tablespoons butter.



Lemon-Lavender

Grate the zest of 2 large lemons; thinly slice the fruit into rounds. Discard seeds. Toss the zest and slices with $\frac{3}{4}$ teaspoon dried lavender, $\frac{1}{4}$ teaspoon salt and 2 cups sugar. Cover for 24 hours. The next day, beat 4 eggs and 4 tablespoons melted butter; stir into the filling. Pour into pie shell.



Cherry

Mix 6 cups halved pitted Bing cherries with 2 tablespoons quick-cooking tapioca, $\frac{3}{4}$ cup sugar, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon almond extract, $\frac{1}{2}$ teaspoon vanilla extract and 2 tablespoons water. Pour into pie shell; dot with 4 tablespoons butter.



Peach

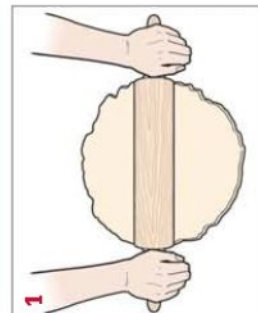
Combine 2 $\frac{1}{2}$ pounds peach wedges with $\frac{3}{4}$ cup light brown sugar, the juice of 1 lemon, 2 tablespoons quick-cooking tapioca, $\frac{1}{2}$ teaspoon vanilla extract, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon nutmeg and $\frac{1}{4}$ teaspoon salt. Pour into pie shell; dot with 4 tablespoons butter.



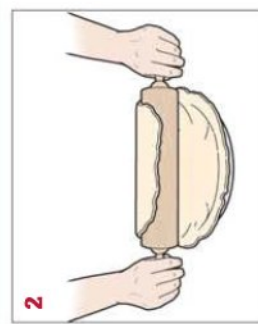
Green Tomato

Mix $\frac{3}{4}$ cup sugar, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{8}$ teaspoon nutmeg, $\frac{1}{4}$ teaspoon each salt and pepper, 3 tablespoons quick-cooking tapioca and the zest of 1 lemon. Cut 2 pounds green tomatoes into $\frac{1}{4}$ -inch-thick slices; dip completely in the sugar mixture, then arrange in pie shell, adding $\frac{1}{2}$ cup golden raisins as you layer. Drizzle with 2 tablespoons lemon juice and dot with 4 tablespoons butter.

HOW TO MAKE A PIE



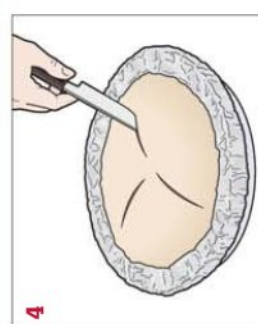
Divide the chilled dough in half; roll 1 piece into a 12-inch, $\frac{1}{8}$ -inch-thick circle on a lightly floured surface (refrigerate the other piece).



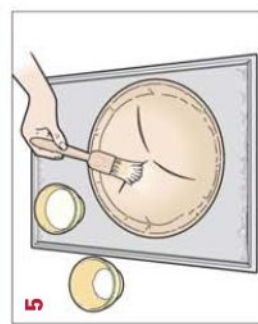
Roll the dough onto a rolling pin, then unroll it into a 9-inch glass pie plate, letting it hang over the edge; add filling (see options above).



Roll out the other piece of dough and place over the filling; press the crust edges together and trim, leaving a 1-inch overhang. Roll up or pinch the overhang to seal.



Place a foil-lined baking sheet on a rack in the lower third of the oven; preheat to 450°. Wrap an oiled, wide band of foil around the pie edge to protect the crust. Make slashes in the top of the crust; chill for 30 minutes.



Reduce the oven to 400°. Bake the pie for 30 minutes. Remove the foil band, brush the crust with heavy cream and sprinkle with sugar. Bake until golden brown, about 30 minutes; cool before slicing.

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Party Time

Mix up **a cool Mexican drink**. Then, join some stars for happy hour and learn how to decorate with fruit...

AARÓN SANCHEZ'S HORCHATA

MAKES: 6 to 8 drinks

- 1 cup long-grain white rice, rinsed
- 1 cinnamon stick, preferably Mexican, broken into pieces, plus more for garnish
- $\frac{1}{2}$ cup sugar, or to taste
- 1 tablespoon ground cinnamon, preferably Mexican, for garnish

1. Combine the rice and cinnamon stick with 4 cups water in a blender; pulse to coarsely grind. Transfer to a large bowl and add another 4 cups water; soak at room temperature for 3 hours.

2. Puree the rice mixture in a blender in batches until smooth. Strain through cheesecloth or a fine sieve into a pitcher. Mix in the sugar; chill.

3. Stir the horchata well before serving. Pour into ice-filled glasses; garnish with cinnamon sticks and a dusting of ground cinnamon.

Mexican cinnamon, or canela, is milder than the usual kind; it gives the drink its mellow flavor.



"Horchata is served throughout Mexico. It goes perfectly with spicy food—the creaminess is cool and soothing."

—Aarón Sanchez, host of *Chefs vs. City*, premiering August 2 at 10 p.m.



Four-Star dish

On a break from their hectic new lives in the spotlight, four Food Network celebs get together for cocktails, snacks and juicy gossip.

PHOTOGRAPHS BY JOHN KERNICK

Aida Mollenkamp, host of *Ask Aida*, lives in San Francisco but travels to New York City to tape her show.

Anne Burrell, longtime sous chef to Mario Batali on *Iron Chef America*, draws on her experience in Italian restaurants for her show, *Secrets of a Restaurant Chef*.

Busy mom Alex Guarnaschelli is the executive chef of the restaurant Butter in New York City and is a judge on Food Network's *Chopped*.

Sunny Anderson, host of *Cooking for Real*, lived all over the world with the military but has finally settled in Brooklyn.



T

They barely have a minute to themselves these days, so when four of Food Network's rising stars—Sunny Anderson, Anne Burrell, Alex Guarnaschelli and Aida Mollenkamp—got together for a long-overdue happy hour, we knew it would be a great party. The food part was easy (we asked each of them to bring a cocktail and a snack), and the conversation never lagged: They dished about restaurants, chefs, and of course, their newfound fame as TV cooks.

"We're in this same boat, being at similar points in our careers," Alex says. "It feels like we're in the same high school graduating class."

They've all experienced the bizarre sensation of seeing themselves on TV and being recognized in public. Anne shared a story about being spotted in a Williams-Sonoma store, and how unprepared she was for the fan club that had assembled out front: "There was a group of 10 people waiting for me!" she says, still seeming shocked. Sunny can't believe it when people come up to her on the street. "I'm like, 'Are you serious?' TV makes me look really good," she says. "I don't know how anyone would recognize me in person."

We thought the women would be a little competitive about their shows (or at least about the food they brought to the party) but there wasn't a hint of that. "These are some quality chicks," Aida says.

"And we're all so different that we end up bringing different things to the table," Alex adds. "If there were three other people here just like me, then my competitive side might come out."

"I was pumped when a new ginger liqueur came on the market. I love ginger—I put it in a lot of my recipes, including this drink," Aida says.



Aida Mollenkamp

No frilly cosmos for this crowd: "My taste in cocktails has been described as manly," Aida jokes. "I'm a huge fan of bourbon and whiskey. I don't drink much, but when I do, I order one strong cocktail!" The San Francisco-based cook mixed up a whiskey drink for everyone, plus a simple snack of crackers with homemade jam, great for last-minute guests. "This is one of those dishes people can remember how to make without even looking at the recipe."

MUSTARD-ONION JAM CRACKERS WITH FIGS

ACTIVE: 45 min | TOTAL: 45 min | MAKES: about 60

- 2 tablespoons extra-virgin olive oil
- 2 large yellow onions (about 1½ pounds), quartered and thinly sliced
- Kosher salt
- 6 tablespoons apple cider vinegar
- ¼ cup fresh orange juice
- 2 to 3 teaspoons sweet-hot German mustard
- Nut crisps or pita crackers (about 60), for serving
- 1½ cups fresh ricotta cheese
- 1 pint fresh figs, stemmed and sliced

1. Heat the olive oil in a small saucepan over medium heat. When it shimmers, add the onions and 1 tablespoon salt; cook, stirring occasionally, until the onions are softened, just broken down and are beginning to color, 12 to 15 minutes.
2. Stir in 4 tablespoons vinegar and the orange juice; cook, stirring occasionally, until the mixture is mostly broken down, thickened and golden brown, 7 to 10 minutes.
3. Remove from the heat; stir in the remaining 2 tablespoons vinegar and the mustard. Taste and adjust the seasoning.
4. To assemble, top each crisp or cracker with about 1 teaspoon ricotta, ½ teaspoon mustard-onion jam and a slice of fig.

ORANGE GROVE

MAKES: 1 drink

- 1½ ounces rye whiskey
- 1½ ounces fresh orange juice
- 1 ounce ginger liqueur
(such as Domaine de Canton)

Combine the whiskey, orange juice and ginger liqueur in a cocktail shaker. Fill with ice and shake until chilled. Strain into a rocks glass over ice.





GRILLED CORN, BACON AND CHILE CROSTINI

ACTIVE: 25 min | TOTAL: 25 min

MAKES: 6 crostini

- 2 ears corn, shucked
- Extra-virgin olive oil, for brushing and drizzling
- Kosher salt
- 4 strips bacon, julienned
- 2 Fresno chile peppers, cut into thin rounds
- 3 to 4 tablespoons red wine vinegar
- 4 scallions, thinly sliced on the bias
- 6 thick slices baguette
- 2 cloves garlic

1. Preheat a grill to medium. Lightly brush the corn with olive oil and season with salt. Grill, turning occasionally, until the corn is charred on all sides and the kernels are soft, 10 to 15 minutes. Remove and set aside until cool, then cut the kernels off the cobs.

2. Drizzle a sauté pan with olive oil; add the bacon and bring to medium heat. When the bacon is browned and crispy, add the chiles and sauté for 2 to 3 minutes. Add the corn kernels and toss to combine. Season with salt and stir in the vinegar. Toss in the scallions and remove from the heat.

3. Toast the baguette slices on the grill until lightly charred. Remove the toasts and rub with the garlic. Drizzle with olive oil and top with the corn-bacon mixture. Call yourself a superstar!

Taste the corn mixture for seasoning as you cook, Anne says. "It should be really good!"

CUCUMBER AND LIME GIN FIZZ

MAKES: 1 drink

- 2 slices peeled cucumber, plus 1 unpeeled slice for garnish
- 6 fresh mint leaves
- 2 sprigs fresh cilantro
- 2 teaspoons turbinado sugar
- 1 ounce fresh lime juice
- 2 ounces cucumber-infused gin (such as Hendrick's)
- 3 to 4 ounces club soda

1. Place the peeled cucumber slices, mint, cilantro and sugar in a cocktail shaker and muddle. Add the lime juice and gin. Fill the shaker halfway with ice and shake vigorously for 1 to 2 minutes (this seems like a long time, but it's essential).

2. Fill a cocktail glass with fresh ice. Strain the drink into the glass, top with the club soda and garnish with a cucumber slice.



Anne Burrell

Anne concocted a girls' night cocktail with cucumber-infused gin, which reminds her of a spa: "It's so refreshing, like a facial in a glass!" she says. "Just try not to drink too many." Her summery crostini are served at room temperature, and they travel well: You can prep the topping at home, then assemble at the party.



Sunny says her spiked float "makes you feel like a little girl and an adult at the same time."

Sunny Anderson

Sunny wanted to serve finger food, so she brought lettuce wraps. "Girls aren't supposed to do knives and forks, not when they're just hanging out!" she says. She wrapped up two crowd-pleasers: chicken and potato salad. She also made spiked ice cream floats, because, she says, "I hate eating ice cream rock hard."

PICNIC POTATO AND CHICKEN SALAD CUPS

ACTIVE: 35 min | TOTAL: 50 min | SERVES: 4

- 4 russet potatoes, peeled and cubed
- 1½ tablespoons extra-virgin olive oil
- Salt and freshly ground pepper
- 1 6-ounce skinless, boneless chicken breast
- 3 strips bacon, cooked and crumbled
- ¼ cup diced celery
- ¼ cup diced onion
- 1 clove garlic, minced
- ½ cup mayonnaise
- 2 tablespoons white wine vinegar
- 2 teaspoons mustard
- 1 tablespoon paprika
- 2 tablespoons chopped fresh parsley
- 2 fresh sage leaves, chopped
- 2 heads Bibb lettuce, leaves separated

1. Preheat the oven to 400°. Place the potatoes on a baking sheet, toss with the olive oil, season with salt and pepper and roast until golden and tender, about 30 minutes.

2. Meanwhile, place the chicken in a saucepan and cover with water; bring to a simmer over medium heat and poach until cooked through, 15 to 20 minutes. Remove and let cool for a bit, then cut the chicken into bite-size pieces.

3. In a large bowl, toss the potatoes, chicken, bacon, celery, onion and garlic. Mix in the mayonnaise, vinegar, mustard, paprika, fresh herbs, and salt and pepper to taste. Serve the salad in lettuce cups and roll up to eat.

PIMM AND PROPER ICE CREAM FLOATS

MAKES: 4 floats

FOR THE SYRUP

- 1 pound strawberries, hulled and chopped
- ½ cup sugar

FOR THE FLOATS

- 1 cup Pimm's No. 1 gin
- 8 small scoops strawberry ice cream
- ½ liter lemon-lime soda
- 4 strawberries, for garnish

1. Make the syrup: In a small saucepan, combine the strawberries, sugar and ½ cup water. Bring to a boil over high heat, then reduce the heat to medium and simmer until thickened, about 20 minutes. Strain, return to the saucepan and reduce for 10 more minutes, or until the syrup is thick enough to coat a spoon. Chill until ready to serve.

2. Make the floats: Mix 1 tablespoon strawberry syrup with 2 tablespoons gin in each glass; add 2 scoops ice cream, top with the soda and garnish with a strawberry.





"I like to have some parts of the crust with crème fraîche and some without," says Alex. "It makes for nice pockets of flavor."

FLATBREAD WITH BACON AND SCALLION PESTO

ACTIVE: 35 min | TOTAL: 45 min | SERVES: 4

- 4 thick strips bacon, thinly sliced
- 1 large white onion, thinly sliced
- Pinch of sugar
- Kosher salt and freshly ground white pepper
- 6 scallions, thinly sliced
- 1 teaspoon capers
- $\frac{1}{2}$ cup fresh parsley
- Grated zest of $\frac{1}{2}$ lemon
- $\frac{1}{4}$ cup extra-virgin olive oil
- $\frac{1}{3}$ cup crème fraîche or sour cream
- 1 pound frozen pizza dough, thawed
- All-purpose flour, for dusting

1. Preheat the oven to 450°. Cook the bacon in a large skillet over medium heat, stirring from time to time, until browned and crispy. Transfer to paper towels to drain; keep warm. Add the onion slices to the drippings in the skillet; sprinkle with the sugar and season with salt and pepper. Cook until light brown and tender, 5 to 7 minutes. Taste for seasoning.
2. Combine the scallions, capers and parsley in a food processor. Add salt and pepper to taste and half of the lemon zest; pulse gently to chop and blend. Turn the processor on and add the olive oil through the top in a steady stream. Transfer the scallion pesto to a bowl; set aside.
3. In a small bowl, whisk the crème fraîche and the remaining lemon zest until smooth. Season with salt and pepper; set aside.
4. Roll the pizza dough into an 8-by-14-inch rectangle on a lightly floured surface. Roll the dough around the rolling pin and unroll it onto a baking sheet lined with parchment paper. Place in the center of the oven and bake for 10 to 12 minutes, or until golden brown.
5. Spread the crème fraîche mixture on the crust. Dot with the onions and some of the bacon drippings from the pan; sprinkle with the bacon. Slice into pieces and drizzle with scallion pesto.

PINK GRAPEFRUIT COCKTAIL

MAKES: 1 drink

- $3\frac{1}{2}$ ounces fresh pink grapefruit juice, plus grapefruit wedge for garnish
- $\frac{1}{2}$ ounce fresh lemon juice
- $\frac{1}{2}$ ounce orange liqueur
- 2 ounces vodka

Shake the grapefruit and lemon juice, orange liqueur, vodka and 1 tablespoon crushed ice in a cocktail shaker. Add a touch more fruit juice or vodka to taste. Strain into a chilled martini glass and garnish with grapefruit. Enjoy!

Alex Guarnaschelli

Alex has been working as a chef for 16 years and can't remember the last time she had a Saturday off. So when she entertains, she splurges on dishes like this bacon flatbread. "It gives women the courage to carb out together," she says. These were easy: She did all the prep pre-party, then threw it in the oven right before serving. "It's the perfect finishing touch to impress everybody."



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Penne Chicken Modesto ♦ Cavatappi Genovese ♦ Tortellini Romano





Sandra Lee Shakes It Up

The famous hostess throws a waterfront cocktail party for some of her biggest fans.

PHOTOGRAPHS BY
MARK PETERSON

If it's 5 p.m. and you're at a party with Sandra Lee, it's time for one thing: cocktails. And by all measures, this woman deserves one. In the past four years, she has written 16 cookbooks and a memoir; shot more than 200 episodes of her show *Semi-Homemade Cooking*; launched her own magazine, *Sandra Lee Semi-Homemade*; and added a second show, *Sandra's Money Saving Meals*, to her lineup. Sandra took a break earlier this year to throw a party for charity at Miami's Standard Hotel during Food Network's South Beach Wine & Food Festival, where she treated the crowd to a margarita-themed spread. She kicked off the evening with a toast to her fans, and she didn't go home until every last one of them got an autograph. "I really enjoy my time with my fans," she says. "I'm a huggy, kissy person. I'd much rather be down here enjoying the party than up on a stage."

MARGARITA MARTINI

MAKES: 1 drink

1½ ounces tequila
1½ ounces fresh lime juice
1 ounce simple syrup
Salt, for the glass (optional)
Fresh mint, for garnish

Combine the tequila, lime juice and simple syrup in a cocktail shaker with ice. (To make a batch of simple syrup, simmer equal parts sugar and water in a saucepan until the sugar dissolves, then cool.) Shake well, then strain into a chilled martini glass; salt the rim, if desired. Garnish with mint.



CREDIT



*This chicken
cooks in less than
4 minutes!*

MARGARITA CHICKEN SKEWERS

ACTIVE: 15 min | TOTAL: 45 min | MAKES: 12 skewers

- 1½ pounds skinless, boneless chicken breasts, cut into 12 strips
- 1 10-ounce can frozen margarita mix, thawed
- ¾ cup tequila
- ½ cup chopped fresh cilantro
- 2 tablespoons chicken seasoning
- Vegetable oil, for the grill
- Baby arugula and lime halves, for serving

1. Place the chicken, margarita mix, tequila, cilantro and chicken seasoning in a large resealable plastic bag; squeeze out the air and seal. Massage the bag to combine the ingredients. Refrigerate for 30 minutes to 1 hour. Meanwhile, soak 12 wooden skewers in water.
2. Preheat a grill to medium. Remove the chicken from the marinade; thread each piece onto a skewer. Oil the grill grate; grill the chicken skewers for 1 to 2 minutes per side, or until the meat is cooked through. Serve on a platter with arugula and lime.

Sandra spent hours hanging out with about 400 fans (below).





CHEESE STRAWS IN PESTO

ACTIVE: 20 min | TOTAL: 30 min

MAKES: about 40 straws

- 1 8-ounce package cream cheese, softened
- $\frac{1}{4}$ cup grated parmesan cheese
- 1 large egg, lightly beaten
- Salt
- 1 16-ounce package frozen phyllo dough (about 40 sheets), thawed
- 1 stick unsalted butter, melted
- Store-bought pesto, for dipping

1. Preheat the oven to 375°. Combine the cream cheese, parmesan, egg and $\frac{1}{4}$ teaspoon salt in a small bowl; mix well. Spoon into a resealable bag; snip off the corner to make a $\frac{1}{4}$ -inch-diameter opening.

2. Unfold the stack of phyllo sheets on a clean surface. Working quickly to keep the dough from drying out, brush the top sheet all over with melted butter, then pipe the cheese filling along the long edge of the dough to within $\frac{1}{2}$ inch of the ends. Fold the ends over the filling, then roll up the dough to make a straw. Place on a baking sheet; repeat with the remaining phyllo sheets and cheese mixture. Bake until golden, 10 to 12 minutes. Serve the cheese straws with pesto.

Serve the cheese straws and dip in a shot glass!



ARTICHOKES AU GRATIN

ACTIVE: 10 min | TOTAL: 30 min | SERVES: 4

- Extra-virgin olive oil, for brushing
- 4 tablespoons plain or seasoned breadcrumbs
- 1 12-ounce jar marinated artichoke bottoms, drained and patted dry
- $1\frac{1}{2}$ teaspoons grated parmesan cheese
- $\frac{1}{4}$ pound soft sheep's milk cheese or brie, rind removed, sliced
- 1 cup mixed salad greens
- 2 tablespoons balsamic vinaigrette

1. Preheat the oven to 350°. Brush a 9-inch square baking dish with olive oil and sprinkle with 2 tablespoons breadcrumbs. Place the artichokes cup-side up on the breadcrumbs and brush or drizzle with olive oil. Sprinkle with 1 tablespoon breadcrumbs and the parmesan.

2. Bake for 15 minutes; remove from the oven and preheat the broiler. Divide the sheep's milk cheese among the artichokes; sprinkle with the remaining 1 tablespoon breadcrumbs. Broil until the cheese starts to bubble and the topping browns, 3 to 4 minutes. Toss the salad greens with the balsamic vinaigrette in a bowl; serve the artichokes on top of the greens.

Sandra created easy finger foods for the big crowd.



Turn the page to get Sandra's look for your own party.



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*To not LOVE him is to not know him.
And to not know him is a crying shame.*



Get the Look

Sandra's party planners kept the decor simple and summery. Steal these ideas for your next bash.



Benches were covered with shimmering pillows inspired by a new silver tequila from Jose Cuervo, sponsor of the charity bash. Pick up this look-alike **Dupioni Silk Pillow** for your patio. \$33; at Sears stores



All the appetizers were prepared as individual portions, eliminating traffic at the buffet. Try using small servers like these **Tower Shot Glasses**. \$2.50 each; cb2.com

The food arrived on sleek white plates. Show off your own snacks on these **Food Network Rectangular Serving Trays**. \$25 each; kohls.com



No ocean, no problem: Mimic the look of beachy sea grass with wheatgrass from a garden center. Repot it in a simple wooden **Bjurön planter**. \$6; at Ikea stores



Keep the breeze from killing your mood lighting by putting candles inside lanterns like this **Matte Pewter Square Lantern**. \$16; jamaligarden.com



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The Big Freeze

Cool off after a lazy summer dinner with sweet-and-tart **baked Alaska**.



Try other sorbet flavors in place of the raspberry. Anything tangy tastes great with chocolate and vanilla.



what you'll need

FOR THE ICE CREAM CAKE



Vegetable oil,
for brushing



1 pint **raspberry, passion fruit**
or other sorbet, softened



1 pint **vanilla ice cream**,
softened



1 quart **chocolate**
ice cream, softened



1 cup **chocolate wafer crumbs**
(about 17 crushed wafers)



1 loaf
pound cake

FOR THE MERINGUE



1 cup **egg whites**
(about 6 large),
at room temperature



Pinch of
cream of tartar



1 cup
sugar

BAKED ALASKA ACTIVE: 45 min | TOTAL: 6 hr 25 min | SERVES: 12

1. Make the ice cream cake: Brush a 3-quart metal bowl with vegetable oil; line with plastic wrap. Fill the bowl with scoops of the sorbet, vanilla ice cream and half of the chocolate ice cream, alternating small and large scoops to create a mosaic of colors and shapes. Place a piece of plastic wrap on top of the ice cream; press down to close the gaps between scoops and even out the surface. Remove the plastic wrap, sprinkle the ice cream with the wafer crumbs and re-cover with the plastic wrap, pressing gently. Freeze until set, about 30 minutes.

2. Remove the wrap and spread the remaining chocolate ice cream in an even layer on top of the crumbs. Cut the pound cake into 1/2-inch-thick slices; completely cover the ice cream with the slices, trimming as needed (you'll use about two-thirds of the cake). Cover with fresh plastic wrap and freeze until firm, at least 2 hours or up to 2 days.

3. Make the meringue: Whip the egg whites and cream of tartar in a large bowl with a mixer on medium-high speed until foamy, about 2 minutes. Gradually beat in the sugar on high speed until the whites are glossy and hold stiff peaks.

4. Remove the top layer of plastic wrap, then invert the cake onto a parchment-lined baking sheet. (If necessary, let the cake stand overturned until it slips out.) Remove the rest of the plastic wrap and cover the ice cream completely with the meringue, making the dome-shaped top slightly thicker than the sides. Form swirly peaks in the meringue using the back of a spoon. Freeze for at least 3 more hours.

5. Preheat the oven to 500°. Bake the cake until the meringue peaks are golden, about 4 minutes, or brown the meringue with a blowtorch. Let the cake soften at room temperature for 5 to 10 minutes before slicing. Freeze any leftovers.

FRUIT with a TWIST

Give your summer parties a little style,
straight from the produce aisle.

BY ERIKA LENKERT PHOTOGRAPHS BY LISA HUBBARD



CITRUS VOTIVES

After juicing lemons, limes, grapefruits or oranges, turn the rinds into votives. All you'll need are wicks and shredded wax, available at crafts stores. Scrape out the rind halves; make a small cut in each bottom and set in a muffin pan. Stick one end of a wick into the skin so that it stands up straight. In a medium pot, melt the wax over high heat until it's clear, then pour it slowly into each rind, keeping the wick upright. Let the wax cool, then trim the wick.

PROP STYLING: ANNA BECKMAN



PINEAPPLE VASE

Put a tropical spin on a bouquet with a pineapple vase: Slice the top off a pineapple, then carefully remove the flesh, keeping the skin intact. Place a small glass of water inside and arrange flowers just above the rim of the pineapple.

FRUIT STAND

Save counter space by storing produce in this **metal fruit stack**. \$28; chiasso.com

LIME NAPKIN RINGS

Cut a slice from the center of a lime and remove the flesh to leave a ring. To make the rings more decorative, carve stripes with a sharp paring knife. Use the leftover lime for cocktails.



FRUIT BOWLS

California artist Margaret Dorfman handcrafts paper-thin **parchment bowls** out of fresh fruit and vegetable slices. They aren't sturdy enough to hold whole apples and oranges, but they look pretty with mixed nuts or dried fruit inside. \$34 and up; ourgallerystore.com

MIXED-FRUIT PLACE CARDS

These place cards double as party favors: Nestle a name card into a bunch of grapes, tie one onto a pear or put a sticker on a lady apple. Guests will walk away with something sweet (if they don't dig in before dinner).



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On the Road

Catch a fun food film festival. Then, taste Hawaii's signature dish and America's best state-fair grub.



Dinner in a Movie

It's no Sundance, but what California's **Modesto Reel Food Film Festival** lacks in star power, it makes up for in taste: The September 27 event features only offbeat, food-centric short films with names like *Potato* and *Coffee Shop* (last year's selects). Food flicks tend to leave everyone hungry for more than just popcorn, so the \$10 ticket price includes snacks from local restaurants. The festival (modestoartmuseum.org), held at the town's State Theatre, is in its third year, and similar ones are popping up in cities across the country, including New York (nycfoodfilmfestival.com) and Tucson, AZ (slowfoodtucson.org).

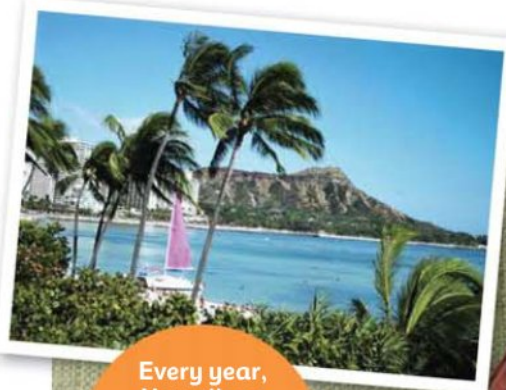


STATE THEATRE: WILLIAM HARRIS; POPCORN AND TICKETS: RAFAEL ANGEL IRIUSTA MACHIN/ALAMY

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Celebrate Hawaii's big five-o, 50 years of statehood, with this crowd-pleasing **luau classic**.



Every year, Hawaiians (and tourists) consume more than 50 million pounds of seafood!



LOMI LOMI SALMON

ACTIVE: 30 min | TOTAL: 30 min
(plus 24-hour curing) | SERVES: 4 to 6

FOR THE SALMON

- 1 cup kosher salt
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ bunch fresh cilantro
- 1 pound wild salmon fillet (skin removed), rinsed and patted dry

FOR THE SALAD

- $\frac{1}{4}$ cup chopped fresh cilantro
- 2 plum tomatoes, seeded and diced
- 4 scallions, thinly sliced
- 1 jalapeño or serrano pepper, seeded and diced
- 1 tablespoon vegetable oil
- 2 teaspoons toasted sesame oil
- Juice of 1 lime
- Chopped macadamia nuts, for garnish (optional)

1. Cure the salmon: Mix the salt and sugar in a bowl. Place 2 long pieces of plastic wrap on a work surface, overlapping them to form a cross. Put half of the cilantro sprigs in the middle of the plastic wrap and top with half of the salt-sugar mixture. Press the salmon into the mixture, making sure the bottom of the fish is covered with salt and sugar. Sprinkle the salmon with the remaining salt-sugar mixture and rub it in, then place the rest of the cilantro on top. Wrap tightly in the plastic and refrigerate for 24 hours.

2. The next day, unwrap the salmon, rinse off the salt and pat dry. Cut into $\frac{1}{4}$ -to- $\frac{1}{2}$ -inch cubes.

3. Make the salad: Toss the salmon, cilantro, tomatoes, scallions, jalapeño, vegetable and sesame oils and lime juice in a bowl. (Traditionally, the cured salmon is flaked and "massaged" with the other ingredients by hand.) Garnish the salad with chopped macadamia nuts, if desired.

In Hawaii, the words "lomi lomi" can refer to two things—a relaxing spa massage or a tasty salmon side dish. The double meaning presents some confusion for tourists, but locals know it makes perfect sense: Lomi lomi salmon gets its name from the way herbs and other ingredients are hand-rubbed into the salted fish. Hawaiians created the island specialty in the 1800s as a way to combine abundant fresh produce with sailors' stocks of salt-preserved fish. Today, the dish is a luau favorite, and it will undoubtedly be served at celebrations this summer, when Hawaii marks its golden anniversary as a U.S. state on August 21.



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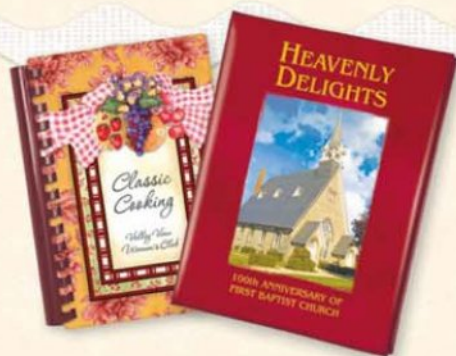


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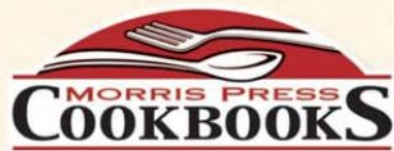
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Brooklyn

Take It From Here

We go behind the scenes of a **new movie about Julia Child** to get a recipe from one of the locations: a classic French bistro in Brooklyn.



BEEF BOURGUIGNONNE

ACTIVE: 1 hr 10 min | TOTAL: 2 hr 30 min | SERVES: 4

6 strips thick-cut bacon, chopped	3 tablespoons all-purpose flour
2½ pounds flat-iron or tri-tip beef, cut into 1½-inch cubes	1 tablespoon tomato paste
Kosher salt and freshly ground pepper	½ cup brandy
2 medium carrots, diced	2 cups burgundy, côtes du rhône or other dry red wine
2 medium onions, diced	2 cups beef stock
1 sprig fresh thyme	2 tablespoons unsalted butter
1 bay leaf	¾ cup pearl onions, peeled
2 cloves garlic	1 teaspoon sugar
1 sprig fresh parsley, plus more for garnish	1 cup quartered button mushrooms
1 4-inch piece celery stalk	

1. Preheat the oven to 325°. Heat a 6-to-8-quart Dutch oven over medium-high heat; add the bacon and cook until lightly browned. Remove with a slotted spoon to a large plate, leaving the drippings in the pot.

2. Pat the beef dry with paper towels; season with salt and pepper. Add the beef to the pot in a single layer (do this in batches); sear for 3 to 5 minutes, turning to brown all over. Transfer with a slotted spoon to the plate with the bacon.

3. Add the carrots and onions to the pot and cook until softened and slightly browned, 7 to 8 minutes. Season with salt and pepper. Meanwhile, make a “bouquet garni”: Tie the thyme, bay leaf, garlic, parsley and celery together with twine (nestle the garlic in the celery stalk).

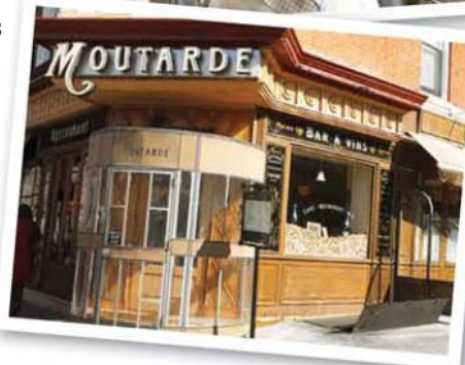
4. Return the bacon and beef to the pot. Add the flour and stir for a few minutes until the meat is coated. Stir in the tomato paste. Add the brandy and cook until reduced by half, about 5 minutes. Add the red wine; cook until reduced by half again, about 10 more minutes. Add the stock and bouquet garni; bring to a low boil. Stir gently, then cover and transfer to the oven; cook until the meat is tender and cooked through, stirring occasionally, about 1 hour 30 minutes.

5. Meanwhile, melt the butter in a medium skillet over medium heat. Add the pearl onions and cook until slightly softened, about 2 minutes. Add the sugar and ¼ cup water; cook until the water evaporates and the onions are browned, about 5 minutes. Add the mushrooms; cook until slightly softened and golden, 3 to 4 minutes. Season with salt and pepper; set the skillet aside.

6. Remove the meat from the pot with a slotted spoon. Let the sauce sit for a few minutes, then skim off the fat and discard. Return the meat to the pot. Add the pearl onions and mushrooms; heat through. Season with salt and pepper and garnish with parsley. (For better flavor, make the dish a day ahead.)

If you see *Julie & Julia*—the new movie that’s in part a biography of Julia Child—pay attention to the place where Child, played by Meryl Streep, takes her sister to lunch in Paris. The scene was actually shot in Brooklyn at a French bistro, Moutarde (239 Fifth Ave.; 718-623-3600). As soon as the film wrapped, we went to Moutarde to get the dish: chef Martial Poilbout’s recipe for classic beef bourguignonne. Filmmakers chose the eatery, owned by French expats, for its classic Parisian look but brought in props like wallpaper to give the room an authentic 1940s feel.

Actress Meryl Streep, and this bistro, got a retro makeover for the film, opening August 7.





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All's Fair

State fairs are in full swing across the country, and they're serving the **tastiest food** you can find on a stick.

JOHN WARBURTON-LEE/ALAMY

Iowa State Fair

August 13 to 23; Des Moines; iowastatefair.org

Iowans don't take their food lightly: One of the most popular attractions at the state fair is a veritable Madame Tussauds of dairy, featuring giant butter sculptures of Elvis Presley, Tiger Woods and Harry Potter.

And another favorite is the prize hog, weighing in at a whopping 1,257 pounds. But fairgoers have been begging for something light to pair with the 6,000 pork chops they eat daily during the event. Last year, along with several other healthful options, fair organizers introduced salad on a stick. It's about as light a dish as you can eat, at least until you smother it with dressing.



SALAD ON A STICK

ACTIVE: 10 min | TOTAL: 10 min
MAKES: 4 sticks

- 2 carrots, thinly sliced diagonally
- 1 cucumber, thinly sliced diagonally
- ½ head iceberg lettuce, cut into 2½-inch chunks
- 1 cup grape or cherry tomatoes
- Blue cheese dressing, for serving

Thread the carrots, cucumber, lettuce and tomatoes onto 4 long wooden skewers, alternating the vegetables. Refrigerate; serve with the dressing.

Check out the 50 salad recipes in our bonus booklet on page 108 to make your own blue cheese dressing (see No. 44).



PHOTOGRAPHS BY LEVI BROWN

INSET: SARAH GOLDSCHADT

Minnesota State Fair

August 27 to September 7; St. Paul; mnstatefair.org



Teddy Roosevelt famously said, “Speak softly and carry a big stick...” at the Minnesota State Fair more than 100 years ago. He was talking about foreign policy, but today, any reference to a big stick would most likely involve something breaded and fried: The Minnesota fair has one of the widest varieties of food on a stick in the country—more than 60 options. Deep-fried Reuben dogs and spaghetti-and-meatball balls are the crowd-pleasers, but one of the best bites of Minnesota flavor is the locally caught walleye. The state fish is mild, flaky and just meant to be dipped in batter, fried and dunked in tartar sauce.

If fresh walleye is hard to find in your area, you can substitute any other firm white fish, such as tilapia or catfish.



WALLEYE ON A STICK

ACTIVE: 40 min | TOTAL: 40 min
MAKES: 8 sticks

- 1 cup all-purpose flour
- 1 tablespoon lemon-pepper seasoning
- $\frac{1}{2}$ teaspoon granulated garlic
- $\frac{1}{2}$ teaspoon baking powder
- Kosher salt
- 1 tablespoon vegetable oil, plus more for deep-frying
- 1 cup mayonnaise
- $\frac{1}{3}$ cup sweet pickle relish
- Juice of $\frac{1}{2}$ lemon, plus lemon wedges for serving
- Freshly ground pepper
- 1 pound walleye fillets

1. Whisk the flour, lemon-pepper seasoning, granulated garlic, baking powder and $\frac{1}{2}$ teaspoon salt in a bowl. Whisk in 1 tablespoon vegetable oil, then $\frac{1}{2}$ to $\frac{3}{4}$ cup ice water to make a smooth batter. Refrigerate for at least 20 minutes.

2. Meanwhile, make the tartar sauce: Whisk the mayonnaise, pickle relish, lemon juice, and salt and pepper to taste in a bowl.

3. Heat 4 to 6 inches of vegetable oil in a deep pot until a deep-fry thermometer registers 375°. Cut the fish into 8 pieces, about $1\frac{1}{2}$ by 4 inches. Thread each piece of fish onto a long wooden skewer. Season generously with salt and pepper.

4. Dip the fish into the batter, turning to coat; let the excess drip off. Carefully place the fish (skewers and all) in the hot oil. Fry, turning as needed with tongs, until golden and cooked through, about 6 minutes. Remove and drain on paper towels; season with salt. Serve with the tartar sauce and lemon wedges.

Illinois State Fair

August 14 to 23; Springfield; illinoisstatefair.org



Food lovers get to live out their competitive-eating dreams at this snack-obsessed state fair. Last year, daredevils faced off in outrageous contests like bobbing for bubble gum in mayonnaise and eating powdered doughnuts without licking their lips. And amateur cooks competed to design the best breakfast on a stick, proof that the fair puts a lot of stock in portable bites. Although a slice of pizza is already one of the great handheld meals, the geniuses here have improved on the form, bundling sauce, toppings and cheese into a handy little pouch.

These stuffed pizza sticks are like mini calzones. The toppings on the outside help identify what's inside.



PIZZA ON A STICK

ACTIVE: 25 min | TOTAL: 45 min
MAKES: 8 sticks

- 1 13.8-ounce package refrigerated pizza dough
- All-purpose flour, for dusting
- 1 cup marinara sauce
- 1½ cups shredded mozzarella cheese
- ½ cup grated parmesan cheese
- ¾ cup chopped pepperoni, black olives and/or mushrooms
- Extra-virgin olive oil, for brushing
- 2 cloves garlic, minced
- Pinch of dried oregano
- Pinch of red pepper flakes

1. Preheat the oven to 425°. Line 2 baking sheets with parchment paper. Roll out the pizza dough on a lightly floured surface into a 12-by-16-inch rectangle. Cut into 6-by-8-inch quarters, then cut each quarter in half diagonally to make 8 triangles.
2. Brush each triangle of dough with marinara sauce, leaving a ½-inch border all around; sprinkle with mozzarella and parmesan (reserve some of the sauce and cheese for topping). Layer a few pieces of pepperoni, olives and/or mushrooms over the cheese, reserving a few pieces for topping. Slightly fold in the two far corners, then roll up the dough from the long side, like a burrito, until the filling is fully enclosed in a tube, pressing gently to seal.
3. Carefully insert a popsicle stick or wooden skewer into the center of each pizza roll and arrange on the prepared baking sheets. Brush the rolls with olive oil and more marinara sauce; sprinkle with garlic, oregano and red pepper flakes. Press any extra filling ingredients onto the rolls. Sprinkle with more mozzarella and parmesan. Bake until golden, about 20 minutes.

INSET: JASON LINDSEY/ALAMY

State Fair of Texas

September 25 to October 18; Dallas; bigtex.com

Everything is, in fact, bigger in Texas, including the state fair: Three million people visit the 277-acre Fair Park each year to ride North America's highest Ferris wheel (212 feet); wave to the tallest mascot, 52-foot talking cowboy Big Tex; and sample

a massive selection of treats, including deep-fried cookie dough and banana splits. The fair has been known for its fried innovations since the corn dog was introduced there in the 1940s, and concessionaires compete each year to come up with the best new concoctions. One of the showstoppers at last year's Big Tex Choice Awards was this chocolate-covered strawberry waffle ball.



It's best to eat these sideways, like an ear of corn. Otherwise, the strawberry slides down the stick!

CHOCOLATE- STRAWBERRY WAFFLE BALL ON A STICK

ACTIVE: 25 min | TOTAL: 1 hr 15 min
MAKES: 12 sticks

- 12 large strawberries, hulled
- 6 ounces semisweet chocolate, finely chopped
- Vegetable oil, for deep-frying
- 2 cups dry pancake and waffle mix (plus additional ingredients as directed on package)
- Confectioners' sugar, for dusting

1. Thread each strawberry onto a wooden skewer; place on a baking sheet lined with parchment paper and freeze for about 30 minutes.
2. Put the chocolate in a microwave-safe bowl. Microwave on high at 15-second intervals, stirring after each interval, until the chocolate is almost melted; remove and stir until smooth. Dip the strawberries in the melted chocolate; return to the parchment-lined baking sheet and freeze until the chocolate hardens, about 15 minutes.
3. Heat 4 to 6 inches of vegetable oil in a deep pot until a deep-fry thermometer registers 330°. While the oil heats, prepare the pancake and waffle mix as the label directs.
4. Dip the chocolate-covered strawberries in the batter, turning to coat; let any excess drip off. (If the batter is too thin, add 1 to 3 more tablespoons dry mix.) Carefully place the berries in the hot oil (skewers and all); fry, turning as needed, until the batter is golden and just cooked through, 1½ to 2 minutes. Remove with tongs and drain on paper towels or a rack. Let sit for 5 to 10 minutes to allow the chocolate to re-harden. Dust with confectioners' sugar.

New Jersey State Fair

July 31 to August 9; Augusta; newjerseystatefair.org

Most people forget why New Jersey is called the Garden State, until they drive through lush rural areas like Augusta, home to one of two state fairs.

Unlike the raucous Meadowlands State Fair, held earlier in the summer at Giants Stadium, the New Jersey State Fair is good old-fashioned fun, in the form of horse shows, honeybee exhibits, a farmers' market, and aisles and aisles of fried food, including the ever-popular fried Snickers. Sure, these are now a universal carnival staple, but here the candy bars are locally grown: They're made at the Mars plant in Hackettstown, just 20 miles away.



DEEP-FRIED SNICKERS ON A STICK

ACTIVE: 20 min | TOTAL: 2 hr 20 min | MAKES: 4 sticks

- 4 large Snickers bars
- 1 cup cake flour
- 2 teaspoons baking soda
- $\frac{3}{4}$ cup seltzer
- Vegetable oil, for deep-frying

1. Push each candy bar onto a skewer or popsicle stick; refrigerate for at least 2 hours or overnight.
2. Whisk the flour and baking soda in a medium bowl. Whisk in the seltzer to make a smooth batter (about the consistency of pancake batter). Heat 4 to 6 inches of vegetable oil in a deep pot until a deep-fry thermometer registers 330°.
3. Hold the Snickers by the skewer and dip into the batter, turning to coat. Carefully place the Snickers in the hot oil (skewers and all); fry, turning as needed, until crisp, $1\frac{1}{2}$ to 2 minutes. Use tongs to remove each bar by the stick; drain on paper towels or a rack and serve warm.

Bubbly liquids, such as seltzer and beer, make great batters for deep-frying. This crust is light and airy like tempura.



★ 50 State Fairs ★

Grab a bite at one of these big fairs this summer.

ALABAMA

Alabama State Fair
Sept. 18 to 27; Pelham;
alabamastatefair.org
Don't miss: the bobbing-for-pigs'-feet competition, now in its second year.

ALASKA

Alaska State Fair
Aug. 27 to Sept. 7; Palmer;
alaskastatefair.org
Don't miss: local delicacies like buffalo bratwurst and caribou steak sandwiches.

ARIZONA

Arizona Exposition & State Fair
Oct. 16 to Nov. 8; Phoenix;
azstatefair.com
Don't miss: real reptile snacks like deep-fried croc bites and alligator tails on a stick.

ARKANSAS

Arkansas State Fair
Oct. 9 to 18; Little Rock;
arkansasstatefair.com
Don't miss: the Piglicker, thick bacon covered with chocolate and deep-fried.

CALIFORNIA

California Exposition & State Fair
Aug. 21 to Sept. 7; Sacramento;
bigfun.org
Don't miss: the local favorite frozen-fruit treat, Merlino's Freeze.

COLORADO

Colorado State Fair
Aug. 28 to Sept. 7; Pueblo;
coloradostatefair.com
Don't miss: the Pass Key Special, a sausage hero loaded with banana peppers and cheese.

CONNECTICUT

Norwalk Seaport Association Oyster Festival
Sept. 11 to 13; East Norwalk;
seaport.org/oysterfest
Don't miss: the seafood-chowder contest.

DELAWARE

Delaware State Fair
July 23 to Aug. 1; Harrington;
delawarestatefair.com
Don't miss: the table-setting competition.

FLORIDA

Pensacola Seafood Festival
Sept. 25 to 27; Pensacola;
fiestaoffiveflags.org/seafoodfestival
Don't miss: Grits à Ya Ya, made with smoked gouda, bacon and Gulf shrimp.

GEORGIA

North Georgia State Fair
Sept. 24 to Oct. 4; Marietta;
northgeorgia.statefair.com
Don't miss: baked, dough-wrapped apples, topped with ice cream.

HAWAII

Hawaii State Farm Fair
July 18 to 19; Honolulu;
hfbf.org
Don't miss: "Kalua pig" nachos, topped with shredded roasted pork.

IDAHO

Western Idaho Fair
Aug. 21 to 30; Boise;
idahofair.com
Don't miss: the Ice Cream Potato, a spud-shaped scoop rolled in cocoa.

ILLINOIS

See page 160.

INDIANA

Great Indiana State Fair
Aug. 7 to 23; Indianapolis;
in.gov/statefair
Don't miss: the Hoosier ribeye steak sandwich, an Indiana fair staple.

IOWA

See page 158.

KANSAS

Kansas State Fair
Sept. 11 to 20; Hutchinson;
kansasstatefair.com
Don't miss: the Governor's Cookie Jar contest; the winner gets a handshake from Gov. Mark Parkinson.

KENTUCKY

Kentucky State Fair
Aug. 20 to 30; Louisville;
kystatefair.org
Don't miss: the Cast-Iron Chef competition, where 20 local chefs go head-to-head cooking with a secret ingredient, just like on TV.

LOUISIANA

The State Fair of Louisiana
Oct. 22 to Nov. 8; Shreveport;
statefairoflouisiana.com
Don't miss: Cajun specials like crawfish étouffée and jambalaya.

MAINE

Bangor State Fair
July 31 to Aug. 9; Bangor;
bangorstatefair.com
Don't miss: fried dough covered with powdered sugar, honey or cinnamon.

MARYLAND

Maryland State Fair
Aug. 28 to Sept. 7; Timonium;
marylandstatefair.com
Don't miss: sundaes made with frozen yogurt, fresh peaches and whipped cream.

MASSACHUSETTS

The Big E
Sept. 18 to Oct. 4; West Springfield;
thebige.com
Don't miss: the Big E Cream Puff.



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On the Road

MICHIGAN

Michigan State Fair
Aug. 28 to Sept. 7; Detroit;
michigan.gov/mistatefair
Don't miss: a Taste of Transylvania, featuring mici (spiced, grilled ground beef sausage) and clatites (Romanian crêpes).

MINNESOTA

See page 159.

MISSISSIPPI

Mississippi State Fair
Oct. 7 to 18; Jackson;
mdac.state.ms.us
Don't miss: free freshly baked biscuits from Brookshire's Grocery.

MISSOURI

Missouri State Fair
Aug. 13 to 23; Sedalia;
mostatefair.com
Don't miss: the new 400-seat Pork Chop Place, serving a pork-chop dinner with baked potatoes and applesauce.

MONTANA

Montana State Fair
July 24 to Aug. 2; Great Falls;
montanastatefair.info
Don't miss: the Viking, a battered and deep-fried meatball on a stick.

NEBRASKA

Nebraska State Fair
Aug. 28 to Sept. 7; Lincoln;
statefair.org
Don't miss: the Runza sandwich, a local favorite of ground meat, onions and cabbage stuffed into homemade bread.

NEVADA

Nevada State Fair
Aug. 26 to 30; Reno;
nvstatefair.com
Don't miss: Indian tacos, Native American fry bread topped with meat and cheese.

NEW HAMPSHIRE

Rochester Fair
Sept. 18 to 27; Rochester;
rochesterfair.com
Don't miss: the boiled lobster dinner—the fair is three miles from the Maine border.

NEW JERSEY

See page 162.

NEW MEXICO

New Mexico State Fair
Sept. 11 to 27; Albuquerque;
exponm.com
Don't miss: the Battle of the Salsas, featuring New Mexico's famous hatch chiles.

NEW YORK

The Great New York State Fair
Aug. 27 to Sept. 7; Syracuse;
nysfair.org
Don't miss: Syracuse's own Dinosaur Bar-B-Q sausage sandwich, topped with fried peppers and onions.

NORTH CAROLINA

North Carolina State Fair
Oct. 15 to 25; Raleigh;
ncstatefair.org
Don't miss: one serious slice of pecan pie—it's dipped in batter and deep-fried.

NORTH DAKOTA

North Dakota State Fair
July 24 to Aug. 1; Minot;
ndstatefair.com
Don't miss: the inaugural First Lady's Pie Contest, judged by the governor's wife.

OHIO

Ohio State Fair
July 29 to Aug. 9; Columbus;
ohiostatefair.com
Don't miss: the Food Highway, a collection of 175 vendors, including Ohio favorite Schmidt's Bahama Mama sausage.

OKLAHOMA

Oklahoma State Fair
Sept. 17 to 27;
Oklahoma City;
okstatefair.com
Don't miss: deep-fried garlic mashed potatoes on a stick.

OREGON

Oregon State Fair
Aug. 28 to Sept. 7; Salem;
oregonstatefair.org
Don't miss: a rare state-fair appearance of vegan tofu hot dogs on whole-wheat buns.

PENNSYLVANIA

The Great Allentown Fair
Sept. 1 to 7; Allentown;
allentownfairpa.org
Don't miss: rich, molasses-filled shoofly pies from Pennsylvania Dutch bakers.

RHODE ISLAND

Washington County Fair
Aug. 12 to 16; Richmond;
washingtoncountyfair-ri.com
Don't miss: johnnycakes (cornmeal pancakes), a Rhode Island specialty.

SOUTH CAROLINA

South Carolina State Fair
Oct. 14 to 25; Columbia;
scstatefair.org
Don't miss: the peach bread, made with local peaches and sold in the agriculture area.

SOUTH DAKOTA

South Dakota State Fair
Sept. 3 to 7; Huron;
sdstatefair.com
Don't miss: handmade beef and turkey jerky.

TENNESSEE

Tennessee State Fair
Sept. 11 to 20; Nashville;
tennesseestatefair.org
Don't miss: deep-fried Goo Goo (chocolate-covered peanuts, caramel and marshmallow) on a stick.

TEXAS

See page 161.

UTAH

Utah State Fair
Sept. 10 to 20; Salt Lake City;
utah-state-fair.com
Don't miss: Morrison Meat Pies, pastry stuffed with spiced ground beef, made in Utah since 1883.

VERMONT

Vermont State Fair
Sept. 4 to 13; Rutland;
vermontstatefair.net
Don't miss: cotton candy made with maple sugar.

VIRGINIA

State Fair of Virginia
Sept. 24 to Oct. 4; Doswell;
statefair.com
Don't miss: Virginia Tech's Dairy Club milkshakes; sales support the students.

WASHINGTON

Puyallup Fair
Sept. 11 to 27; Puyallup;
thefair.com
Don't miss: Fisher Scones, smeared with honey butter and raspberry jam.

WEST VIRGINIA

The State Fair of West Virginia
Aug. 14 to 22; Lewisburg;
statefairwv.org
Don't miss: the Ben Ellen Doughnuts trailer; it's been rolling into the fair for more than 50 years.

WISCONSIN

Wisconsin State Fair
Aug. 6 to 16; West Allis;
wistatefair.com
Don't miss: Wisconsin Bakers Association cream puffs, served for 85 years.

WYOMING

Wyoming State Fair & Rodeo
Aug. 7 to 15; Douglas;
wystatefair.com
Don't miss: cinnamon sticky buns with caramelized tops.

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- Round-the-clock access to weight loss coaches absolutely FREE
- FREE delivery† straight to your door from our kitchens to yours

All for as low as \$3 a meal†

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